

Grass Roots

Craft and self-sufficiency

For down to earth people

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Australian and
New Zealand Edition

Registered by
Australia Post
Publication No. VACO 405

ISSN 0310-2890

No. 52.

DECEMBER 1985

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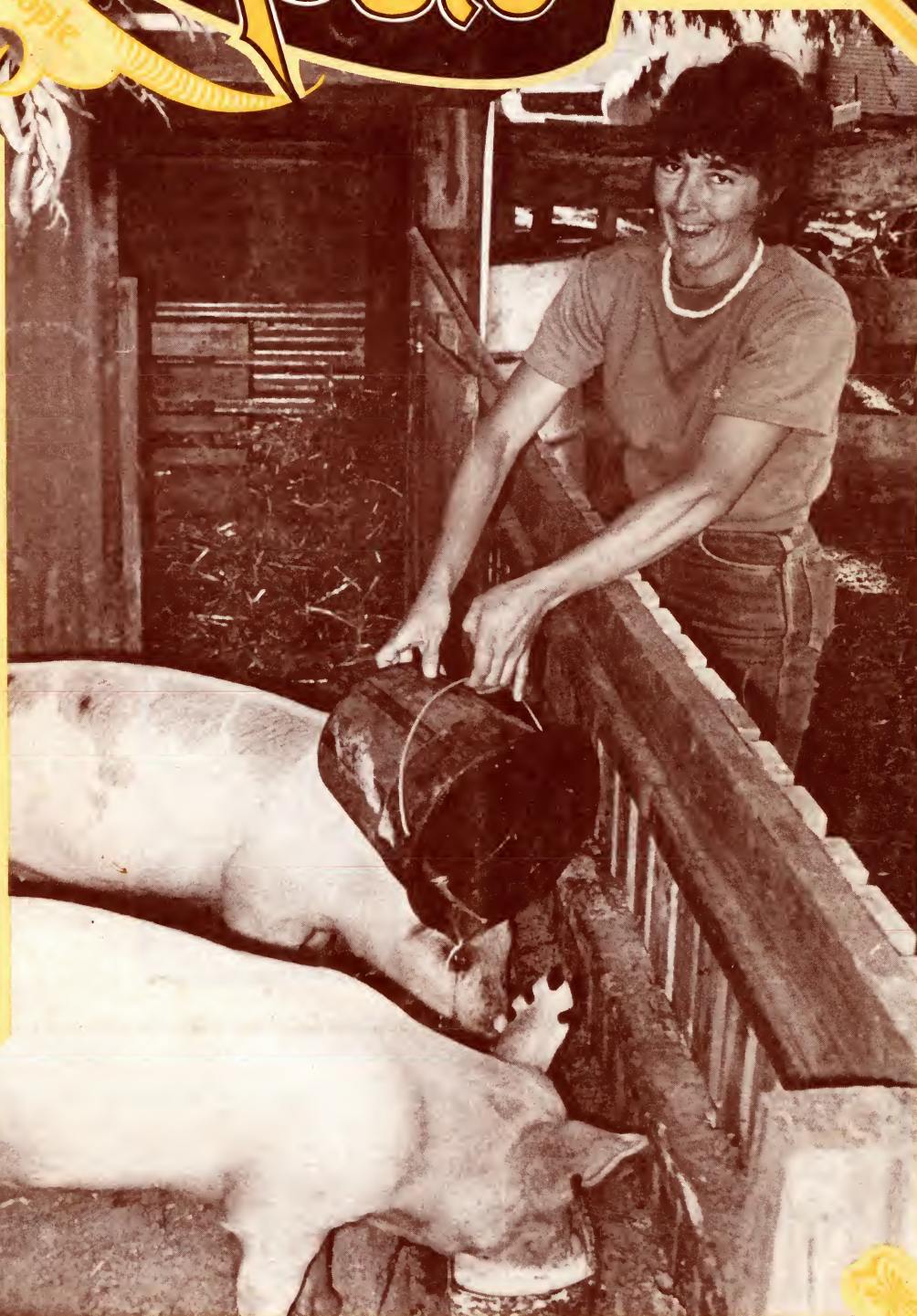
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Build a Yacht

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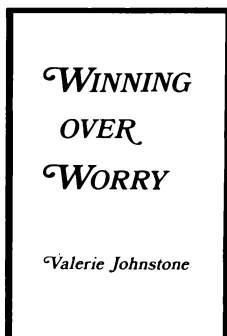
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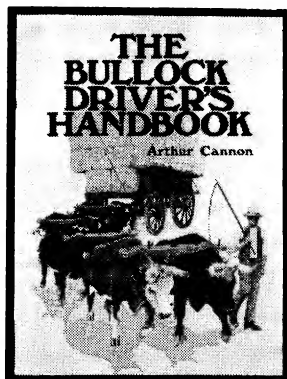
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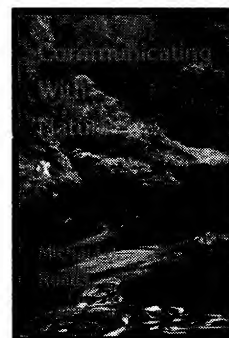
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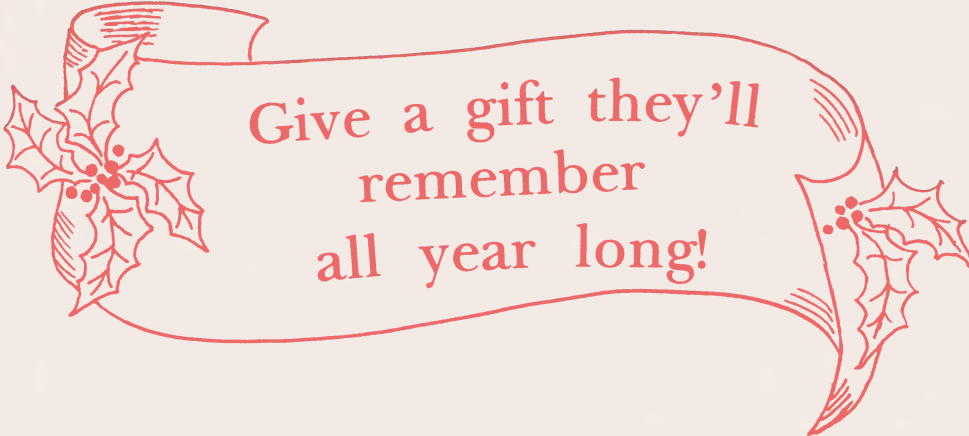


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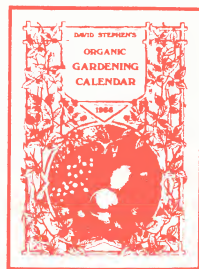
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Front Cover: Pigs love milk and these two squeal with delight as it's poured into their trough. They're one of the least popular animals in the self-sufficiency scene although they make wonderful pets and are relatively easy to keep. It's essential though to provide proper housing and yards as even one pig let loose around the place will cause untold havoc. Pig tales are on pages 26-28.

Back Cover: The Harumou People's Centre in South Malaita in the Solomon Islands. The most sophisticated tool used in its construction was a bow saw, and most of the 65 ft side beams were cut on the other side of the island and paddled back the sixty miles by canoe. For a fascinating account of a truly self-sufficient lifestyle, see page 14.

Feedback Link-Up Feedback

We have had numerous requests from readers to print the state at the end of each letter. But as this takes up extra space, here is a key to help you decipher the postcode system.

NSW 2000 plus
VIC 3000 plus
QLD 4000 plus

SA 5000 plus
WA 6000 plus
TAS 7000 plus

Dear Grass Roots,

We hope that 1986 will be the big year for us and we are therefore making preparations for our move to the country. Can any readers help us with a grocery list which would take us through the first six months. We want to buy as much as possible of those non-perishable items while we are working in Sydney. We have two children 5 and 7. Also if any readers have for sale a small acreage with a Queensland-style house in any condition between Brisbane and Bundaberg we would love to hear from you.

Katrina & Robert Boyes
3 Sherwood Ave
SPRINGWOOD 2777
Ph: 047-515-127 (AH).

Dear GR Readers,

We have finally made it to Noosa. It's a beautiful area, frost free, avocado, pineapple and macadamia country with the bonus of superb beaches. We were very fortunate in finding 10 acres here at a reasonable price. There are still a few good buys in the locality and if any readers are sincerely interested in buying up here (no dreamers please), let me know what you are looking for and how much you want to pay and I will make enquiries for you. Please let me have a SAE for a reply. We are still operating as before and would like to hear from friends old and new.

Ron & Shirley Haines
Tingira Lodge
Tingira Cres
SUNSHINE BEACH 4567.



Edited by Meg Miller and Lisa Anderson.

Published by Night Owl Publishers Pty. Ltd. Box 764, SHEPPARTON 3630.

Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

Cover design and artwork by Ian Boyd.

Typeset and produced by Layabout Layouts, Box 764, SHEPPARTON, 3630.

Printed by Waverley Offset Publishing Group, Geddes Street, MULGRAVE, 3170.

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Dear David & Meg,

We have been living in the southern part of Tasmania for two years now and have found the area around us holds so much beauty and promise for the future if we take care of it — we need all that wilderness out there. If anyone would like to COME AND STAY and look around, they are welcome. There are still some good pieces of land available at reasonable prices, and we have some like-minded people around. Yes it is a great place to live. If interested please ring or drop us a line.

Leisa Thornley
C/- Post Office
DOVER 7116
Ph: 002-981-193.

Dear Grass Rooters,

Thanks for an interesting and informative magazine. We alternated our lifestyle once and returned to the rat race. Four children consumed more than we could possibly grow and we never got the hang of making shoes even if they could have been persuaded to wear them. Now older, wiser and poorer we have a small block in the country and with the children almost independent are ready to do it again. We have almost everything we need to build basic shelter but are desperate for a cheap SECOND-HAND CINVA RAM. If anyone has one they could part with we would be more than grateful. Failing that, does anyone know where in NSW one could get a new one and approximately how much they cost?

Sam & Joan Menne
51 Park St
CARLTON 2218.

Dear Grass Roots,

Can you please help! For a while now I've been making potpourri and used a BERGAMOT ESSENCE made by FRANCES BARNES. The store that I've purchased this from has now closed down, and refused to give me an address of where I can obtain further supplies. Apparently it is policy not to sell to private craftspeople, only in bulk to a registered business. How can people like me who are isolated be catered for, instead of getting 'the short shift' from money-grabbing businesses? If you know of the brand name and where they can be contacted I would be most appreciative.

M. McKinnon
RSD WOMEN VIA ROBINVALE 3549
Ph: 050-260-206.

Dear People,

I am sure many GR readers were amused, as I was, by the query from Cottage Crafts GR 51 re the herb ARSEMART! So! I looked it up in Culpepper and found it does exist. Dorothy Hall has a remedy for THURUS *Natural Health* p157 . . . 'Yoghurt can be used as a vaginal douche, its good bacteria counteracting the many and increasing infections . . . that plague both males and females. A yoghurt wash can soothe sores and irritations . . .'

I would like to hear from GR readers in the TOWNSVILLE area, especially the over 50s who, like me, have to live in the city. Maybe we could get together and form a club to exchange ideas on ways and means of getting back to basics and enjoying country life, making do, mending, recycling and growing things. Making friends with the same goals. Some of us have skills we could pass on, most of us can pass on our experience. I am a potter and I have made mudbricks though I have yet to do any building, but I would love to. I used to have dairy goats when my children were small. (My youngest is now twenty and a student at JCU.) It is only recently that we have had to live in town and we find it lonely. Being pensioners, paying high rent restricts our activities so we don't meet many people. I will write to anyone who likes to write to me.

Ms Lois M. Meade
PO Box 872
AITKENVALE 4814.

Feedback Link-Up Feedback

Dear Grass Rooters,

Can we come together to establish between ourselves the feeling of equality in which all the differences are gone? Then we are free. We must be quite sure that at least a few of us are walking along the road. Some of us may walk slowly, some of us may walk fast, but it's the same direction . . . (J. KRISHNAMURTI)

For those of you who are interested in integrating the Zen Krishnamurti approach into your day-to-day life, and who wish to live with others who are walking along this road, a ZEN SCHOOL is looking for supporters, material, financial, emotional, spiritual. The Zen school will be a large piece of bushland, at least one hour's walk from the nearest point of civilisation, somewhere (in Tasmania?) where it is possible to build a house/cabin and to be with others who share this common direction. We are not turning our backs on the world. We see and feel the suffering, and are deeply connected with it, yet we realise that we are only able to spend a limited amount of time in this area. For the moment it is necessary, especially for our children, to be without the endless distractions of the city and people entangled in their many confusions. If the larger part of our time is spent living . . . being . . . discovering what is, then the little work we are able to do will be much more effective.

A Zen centre will be our presence in the city where it is possible to find some healing, and some help in finding out, for those who at present need to be there. Residential workshops and retreats may be available at the school. Right now we are investigating legal structures, and would welcome help and suggestions/ideas. We are looking for the land and need help and money.

**Johannes
The Zen Centre
GPO Box 983
HOBART 7001.**

Dear Grass Roots Readers,

I am a single woman aged 28 with a daughter aged 7. I have recently purchased 10 acres of land at Penfield on the northern outskirts of Adelaide. Currently I am working full time but hope to be able to make an income to support myself off my land sometime in the future. I plan, when funds become available, to build a mudbrick house. At the moment my daughter and I are living in a shed. I have a lot of work to do on my property, fencing, tree planting and building. I wonder if there's anybody who lives near me, and is perhaps in a similar position, who would be interested in SHARING LABOUR (on the principle that two pairs of hands are better than one) ie help me in return for similar assistance. I understand that some owner builders in the Bendigo area have a sort of co-operative group where they help each other. Does anybody know whether there's any group like this in Adelaide. If not would anybody like to start up one? I look forward to any replies.

**Lesley Cartwright
C/- 13 Heaslip Rd
PENFIELD GARDENS 5121
Ph: 08-254-6739 (AH)
08-259-6221 (BH).**



Dear Grass Roots,

I too, along with many others am tired of suburban life, polluted air and plastic people. My girlfriend and I have decided to become 'grass rooters' and drop into the alternative lifestyle. We are both hypoglycaemics only recently diagnosed. Modern medicine almost killed us, and only after months of pain and suffering and a deep desire to get well, we tried alternative medicine, Bach Flowers and herbal medicine. We changed our lifestyle completely and went onto a true hypoglycaemic diet (Airola) thanks to *Back to Eden*.

For those looking for an excellent doctor, try here — Dr Norman Zimmerman and Dr Mark Glassman, Mitcham Medical Clinic, 593 Mitcham Rd, Mitcham 3132, ph: 03-874-8777. Also Dr C. Falke, chiropractor and Jill Charalambous, psychologist, Northcote Chiropractic Clinic, Northcote. We owe our lives to these people and we hope they can help others out there like us.

**DI McGee & M. Slater
18 Belmont Cres
MONTMORENCY 3094.**

Dear Grass Roots,

My husband is teaching HERE IN VANUATU which is a real tropical paradise. We do dream of buying our acres when we move back to Australia in a few years' time. When we arrived here we were amazed at the lifestyle of the people — self sufficient! The gardens kept are fantastic, with much variety of foods and very fertile. Most people have three or four large gardens; one for greens — lettuce, tomatoes, cabbage; one for root vegetables — taro, manioc, kumala; one for fruits — pawpaw, pineapples, nuts. The only expenses the people have are for clothes and a minimum amount of foodstuffs ie rice, kerosene for their lamps, household goods, cooking pots, bedding and school fees for their children. We really admire the people here and enjoy living with them and learning from them.

**Gavin & Chris Williams
PO Box 145
SANTO VANUATU.**

Dear Readers,

Would anyone have a dwelling on a small block of rural land within 25 kilometres of Brisbane, preferably north side? We have a large three bedroom brick highset on 36 perches to exchange or we could sell and pay cash. Re BEDWETTING. This is usually caused by a troubled mind. Do not give drugs. The cure is to make absolutely no adverse comment and say something kind like 'Never mind, it's not important,' when the bed is wet, and really mean it. When the bed is dry, lots of praise should be given. On no account should you criticise or shout at the child when wetting occurs. Also try and give extra love and cuddles during the day. I think you will find this works wonders but may take several weeks to cure if long established.

**Ann Chadwick
21 Centre St
STRATHPINE 4500
Ph: 07-205-5777.**

Dear Grass Roots,

Would any GR people have or know where I could get a tin or part tin of WELLINGTON KNIFE POLISH, used in old days before stainless steel knives came in. When we were kids we had to polish knives with cork and lamp polish, a reddy coloured powder.

Does any reader have any SEEDS OF SOUTH AFRICAN PIE MELON (makes very nice jam and has a smooth skin grey green in colour) or know where I could get some yellow tomato seed (they were about 2 in to 3 in across). A tip to cure cows kicking. Use ½ in rope and put it around the flank of the cow, just in front of the udder and tie a reef knot on top of the backbone, pull rope tight and cow cannot kick. A few times generally cures them.

**R. Loveridge
10A Nind St
SPENCER PARK 6330.**

Dear GR People,

We are looking for the right person or persons, male or female, TO SHARE OUR 130 ACRES 20 miles north of Toowoomba Qld on the top of the Great Divide. We have a spare caravan and plenty of camping space. A spring-fed creek runs through the property and we have cattle, goats, sheep, geese, fowl, ducks. The type of people we are looking for should not be on drugs and be of a practical nature as we have a cabin to be built (main posts in) for them or any visitors. We are in our mid 40s and have been here for 10 years now so are well established. Visitors passing through are also welcome. Please write or ring and let us know you're coming.

**Tom & Lorraine Barber
RMS 582
TOOWOOMBA 4350
Ph: 076-979-162.**

Dear Readers,

The problem for Michael Duncan is that he shot off his mouth without properly reading and digesting the words of the people he so unfairly criticised (GR 50). His letter proves his immaturity and I am glad to see other readers retaliating instead of allowing his ill-thought-out comments to pass. Good luck to those who use *Grass Roots* as a forum for the exchange of ideas and ideals.

**Norval Pidgeon
26 Hopetown St
ELSTERNWICK 3185.**

Feedback Link-Up Feedback

Dear Folks,

The potatoes are up and need hilling; we planted two sacks of Idaho potatoes this year. Last year we planted a sack of mixed seed potatoes and found that the Idaho kept much better in our soil and were less prone to disease and rot. With five mouths to feed, and our passion for fresh boiled jacket potatoes, we found we ran out about half way through the year, so we doubled the lot this year. We leave the potatoes in the sandy soil where they grow until needed, as we have no room for separate storage.

Last year while I was absent, teaching at Nepabunna for six months, the family let the cabbage and broccoli plants run to seed. I came home at Christmas to find a rampant jungle in the front garden. Nina (16) and I collected lots of seeds, transplanted some self-sown seedlings and left the rest. Those transplanted have sulked and refuse to grow, but those left, have pushed on, healthy and vigorous if crowded. I worked up a patch of ground with our small tiller, and managed to barrow half a truck load of turkey litter, spread that and finally planted our own strawberry runners. (Guess who had forgotten to weed while I was away?) We now have a huge healthy patch of sour sobs, and Bruce keeps saying 'Leave it, they'll die down soon.' Somewhere under all of that are about 300 new strawberry plants.

The geese and ducks are laying, the geese were a bit slow off the mark, but two have decided to sit. The gander is frantic trying to patrol his ladies, keep the ducks in order, and shepherd the one remaining goose about the yard! New neighbours have four white ducks. Being new to the field, they don't like to cut the wings, so we have the four perching on our front pergola, swimming in our small dam below the house, and flying around the valley like small pelicans!

Is there an older man or woman out there looking for a place to park a caravan in exchange for some weeding, fencing, general tidying and block maintenance for a month or so? We have a separate outside toilet/shower block we use on occasions which would provide facilities for a van. Anyone 40-50 plus, please write. It could be an ideal working holiday for someone, and we would welcome the assistance. The area is all green now, with the almond trees in leaf and the vines pruned, due to leaf shortly. We are 15 minutes from the beach, and 15 minutes from a major shopping centre with trains and buses to the city which is about 45 minutes drive north.

Whilst still striving to find employment, I am nevertheless planning and proceeding with the pottery, which is being set up in the shed we lived in before the house was built. I have a modelled cast doll figure now underway, a mannikin rather than a 'baby' doll type, and am working on designing appropriate clothes for it. Shoes are a problem. At the same time I am working on building up wheel throwing skills which have grown rusty in the four years the pottery gear has been in boxes.

We are tidying up the orchard at the moment after pruning, now we're weeding and checking the dripper lines ready for summer. The sheep are in good fleece, and we'll get the three of them shorn in late October/November. Perhaps I'll have a go at felt-making one day? Our old lady doe Felicity should be dropping her kids soon. We had to sell our best milker recently; she was too bossy and aggressive, and was prone to throw weak kids.

**Beverly
Dongadell
Box 339
McLAREN VALE 5171.**

Dear Readers,

Until last week I did not even know this unique magazine actually existed. It sure feels good to suddenly realise there is a whole world of people out there attuned to a more natural way of living. Really it makes me breath much easier, since for years I was longing to make the break for the country but was always hesitant because I did not know the right people. Having found new hope I address anybody who is willing to write to me. I am looking for a place where I can partake in communal living. I am financially self-supportive, prepared to participate in any activities, eager to share with mature people who like me are not into drugs or alcohol and are stable with a solid philosophy of life. I am 35 and consider myself helpful and easy to go along with. I am also looking for the right lady since my wife sadly passed away just over one year ago, which left me pretty shattered. Anybody interested in a joint venture would you please write to me for further communication.

**Frank
C/- Post Office
NEUTRAL BAY WHARF 2089.**

Hi Everyone,

I (Sue 35) have been enjoying GR for 2½ years now and realised early on that at heart I'm very much a GR person, even though having to live in the city at present. I met Michael (34) a year ago and introduced him to your wonderful magazine and now it's a race to see who gets to it first. We'll finally be moving to our much wanted and recently acquired small acreage near Kempsey in 2½ years time — Michael must first finish a course. In the meantime we'll continue to devour GR, collect as many ideas and hints as possible for our move. At present we aren't able to contribute any helpful hints but hope to be able to do so when we've had some experience on the land.

We've made a small start here with a vegie garden, herb garden, some cheesemaking, home-made yoghurt etc. Unfortunately full-time work doesn't leave us as much time as we wish to pursue these things. I'm very interested in learning wheel pottery but due to shift work a TAFE course is not viable. So if anyone in Adelaide knows of a teacher or is willing to teach me privately (at times we'd have to negotiate) I would be more than pleased to hear from you. Also only having moved here recently, we don't know anyone, so would love to hear from any members of our wonderful GR family in the area. Phone us up and come around for a cuppa and a chat. If anyone would like two pairs of helping and willing hands or feet to make mudbricks around Adelaide, we'd love to gain some experience. We both get such a positive feeling and much encouragement from reading GR. We especially appreciate the love and willingness to help others that comes through so strongly. Thanks David, Meg and everyone.

**Sue & Michael
57 Rowell Cres
WEST CROYDON 5008
Ph: 08-268-9175.**

Dear Meg & David,

We're back in Pine Creek (since the end of April) after five months spent in Canberra. After living here where there are no supermarkets or convenience foods and the nearest big town (2000 people) is 100km away with nothing in between except wild cattle, buffalo, horses, etc. Canberra was a change we appreciated for a while but we're glad to come back here. We now live in a 'proper' house and have a 10 x 10 m square at the back which will eventually be a garden — at least things grow quickly up here. We have no choice about where we live and after the 'donga' (2½ x 10 m transportable) it's lovely to have lots of room inside if not out. One day we will have our own place with an enormous amount of land around us, but that's in the future. Meanwhile we enjoy the territory lifestyle, tropical fruits and save our pennies. For about the first time in my life I have no animals. We still have a dog but Isa has become a farm dog. After leaving her at Colin's parents' place, all she does is run around all day. To lock her in a small square yard and expect her to stay sane is asking too much, so she stays in Victoria.

**Lynne & Colin Cannard
PO Box 28
PINE CREEK 5782.**

Dear Grass Roots,

Would an ACTIVE PENSIONER with a caravan like a free site in return for A HELPING HAND around the place? Brisbane isn't far away, and the 'helping hand' wouldn't be strenuous. If anyone is interested they could phone 07-200-0338.

J.J. & L.R. Loughrey.

Dear Folks,

Thank you very much indeed for a really great magazine. I enjoy it so much. Meg, I found your experiences in 'Down Home on the Farm', GR 50, very helpful to me at this stage with some things I'm doing, or trying to do in the church. Deep down I feel these things are right for me yet I create problems for myself, which become real hurdles in what I'm trying to do (a lot of it is in my mind). Recently I had to refer to some earlier issues for something, but it took me some time because I was side-tracked so often. I try to re-read old issues as my needs change as time goes by. I have been sexing the fertile eggs with the needle and thread before we put them under the hens. Results have been quite good. I hope to have an opportunity to help some of the local fire victims restock their poultry. Something I recently heard — 'Its our luxuries that keeps us poor'.

**Barbara Nethercote
97 Clarendon St
MARYBOROUGH 3465.**

Feedback Link-Up Feedback

Dear Meg and David,

Well I have been in NZ since March 1985 with my family and will return to Australia in February 1986 with my grandson to stay and hopefully to travel around Australia. I would like to contact GR folk who would be able to use me as a NANNA. My little grandson is 10 years old and very creative. He loves art and is into karate as a meditational art form. His nature is quiet and he is well spoken and well mannered. We are from a multicultural background, both myself and his mother. My daughter-in-law is having marital stress and so I felt if I took the little person with me to Australia in February 1986 it would give them space and time in which to feel and love again. I have a senior citizen pension to support myself and so I am hoping to have the opportunity to travel around Australia in a live-in capacity helping and being part of the alternative lifestyle scene I enjoyed whilst there in 1984. I am into meditation and yoga, vegetarianism; I am a nonsmoker and drinker, and love children and animals.



**Mrs Lemelle Cowan
18 Archers Rd
Glensfield 9
Auckland
AOTEAROA NZ.**

Dear Folk,

First of all, I'd like to thank the people who replied to my last letter in feedback. And secondly, I'd like to thank whoever is responsible for this very original and enjoyable section, I love it. I'd like to ask if anybody knows of a NATURAL REPELLANT for SPIDERS and/or COCKROACHES. Also does anybody have a recipe for ROSE JAM? Lastly, is anyone looking for a penfriend? I am interested in corresponding with any musically minded people of any age, sex or locality. Love and peace to everyone.

**Wally Mason
111 McIlwraith St
INGHAM 4850.**

Dear GR Readers,

We are interested in seeking out a special person who would be interested in living on and CARETAKING OUR FARM which is 15 minutes out of Lithgow (1 km from near village) and 2¼ hours west of Sydney. Owners are in Sydney Monday to Friday, and on the farm most weekends and holidays. The farmhouse is made of stone; it's old (1860's) but very comfortable and presently being renovated. There are 50 fertile acres, willow lined creek, fenced paddocks, heaps of sheds (hay, shearing, machinery, stables, pighouse), sealed roads to house, town water, phone, electricity etc. This is an ideal opportunity to be in the country and close to civilisation. Would suit creative, aware individual. Children OK. Please write to:

**Bernard & Julie Vance
39 Lithgow St
ST LEONARDS 2065
Ph: 02-435-802.**

Dear Grass Roots Readers,

We (Joy 24, Bill 27, Serena 2, Jacob 1) are currently planning a trip around Australia in a campervan with tent and would like to hear from anyone who has done same, especially with children. We would like to know your do's and don'ts and any other information. Also Meg, you mentioned on the radio (5DN) whilst in Adelaide A BIRD THAT IS GOOD FOR KEEPING SNAKES AWAY. What was it? Finally to GR people in Adelaide (or passing through) you are all welcome to drop in for a cuppa but please ring first.

**Bill & Joy Merry
Lot 3 Delta Cres
ABERFOYLE PARK 5159
Ph: 08-270-4832.**

Dear Bill,

The bird I spoke about was the GUINEA FOWL, which doesn't so much keep snakes away as hassles them if they show up. Groups of Guineas will stand around a bush where a snake is hiding and make so much noise that we realise something is wrong and go out and investigate. On other occasions I've found these birds following along behind a snake and drawing attention to it with their cries. It has to be a brave snake to make its way across the farm yard with these curious and easily alarmed birds around. They are also excellent watch dogs for visiting hawks and crows.

Cheers, Meg

Dear Meg & David,

Please could you help? I'm just about desperate for DOOR RUBBERS for my antediluvian KERO FRIDGE (Kelvinator). Have written to Self Sufficiency Supplies and to Janet Moorhouse who wrote an article on kero fridges in an old *Grass Roots*. Would you let me know of any other sources of supply for spare parts for kero fridges? At this stage, with summer coming on, I greatly fear that we'll have to rely on tins for our meat, as the fridge, which is usually unpredictable anyway, is becoming wellnigh impossible!

**Geraldine Fitzgerald
'Shannagolden'
Filinton MS 663
MEANDARRA 4422.**

Dear GR Ladies,

I would like to CORRESPOND WITH GR MINDED LADIES, late teens, mid twenties who live in northern NSW, north coast or southern Qld, with a view to exchanging ideas and opinions as to what self-sufficiency is and what it could be. I am non addicted and do not adhere to any negative dogmatic creed or policy but can see a future for responsible individual lifestyles such as self-sufficiency. All letters answered.

**Steve
PO W152
WEST TAMWORTH 2340.**

Dear Grass Roots,

Many thanks for a marvellous magazine. We have a commercial dairy farm and I have been attempting to make my own NATURAL ICECREAM using cows milk, with limited success. Has anyone recipes for icecream using only natural ingredients? I would really appreciate some help! Anyone who can help, please write.

**Mrs Robin Blesing
Box 331
VICTOR HARBOUR 5211.**

Dear Meg, David and all,

Thanks for a great magazine, it has been an inspiration to me and encouraged me to have a go after living in the towns for 32 years. I was brought up in the Western District and couldn't get country life out of my blood. Now my husband and I after all our children have gone their own way have started again on 20 acres. We have a house cow (Honey), 18 fowls, two horses and a beautiful vegetable garden. We raise our own calves, sell some and breed with the others — we have not bought meat for 12 months now. So things are taking shape at long last. We have a wood stove and heater and while we find the wood a bit hard to keep up with it's all worth it. Our values have all changed since coming out here and as we are both 56 years old I feel it should encourage others of this age group to have a go because the rewards are great. I look forward to each issue of *Grass Roots* as it is always so encouraging. Thanks to you all.

**Heather McKeon
Calulu Rd
CALULU VIA BAIRNSDALE 3875.**

Dear GR Readers,

I've been trying to put pen to paper for some time now to thank all those kind people who took time to write to me of their experiences with DINGOS OR PARTBREDS. Due to the fact that I had a baby and then moved house I still don't find much spare time for writing letters so decided to write to *Grass Roots* again in the meantime. By the way for anyone interested, the majority of letters I received all seemed to be similar in their experiences, saying that dingos weren't good pets, but at the same time very loyal and loving. The reason I wanted information was because we'd been given a dingo-heeler cross who was going to be shot if we didn't take him because of his bad ways. After several months of constant attention he didn't improve and we were wondering if the problem was us or him. It turned out to be a bit of both and it really all does boil down to the fact that 'wild should wild remain'. Anyway I would also like to ask if anyone has any NATURAL SOAP RECIPES as a friend of mine would like to have a go at making some. Thanks again everyone.

**Sheryl Lamb
Lot 2 Ryans Rd
WOODEND 3442.**

Feedback Link-Up Feedback

Dear GR Readers,

We have plans to travel Australia for a couple of years in a decked-out bus, leaving Victoria in Dec. 85. We plan to travel towards Perth, along the WA coast, NT (Darwin by Christmas 86), across to Cairns then Cape York if all goes well. We make and sell summer clothing, handpainted and dyed and would be very grateful for any information on seasonal work or short-term work, markets, fairs, fetes and festivals, because fleamarketing is our only income. Also we would appreciate advice on how to make such things as natural and herbal soaps, candles, jewellery, incense, potpourri and creating gifts from the bush. Does anyone know if there is a book on FLEAMARKETS and their locations.

We plan to plant our roots around 87/88 and build our own mudbrick house and have our own family. We would like to learn as much as we can on self-sufficiency while travelling. If anyone would like some help around the farm or while building their earth house we would be more than willing to help in return for learning skills and a place to park our bus for a week or two. If anyone can help us, we would be most grateful. All letters answered.

Jo-anne & Wayne
PO Box 15
MARYSVILLE 3779.

Dear Meg and David,

We left Elwood one year ago, and are loving every minute of every day here near Yarra Junction, in the beautiful Yarra Valley. With not quite 3 acres, there is plenty to keep Karl and I very busy. We have 6 sheep and 13 bantams plus a few kookaburras which call daily. We did have a family of four magpies that seemed to adopt us from the start, but we were told that they are known to ATTACK CHOOKS. Is that a fact? Actually, to me, the sound of the magpies' warble is unique and beautiful. Last year, Karl grew some very nice vegetables, we still have pumpkins, potatoes, apples and garlic in our little cool store, and he has already planted onions, garlic, artichokes, silver beet, cabbage and cauliflower. Whilst I make bread, yoghurt, muesli and cakes. If anyone is interested in a simple yoghurt recipe, may I give you mine? 1 pint milk brought just to boiling point. Take off heat and let cool for about 10 minutes, then beat in 3 tablespoons of powdered skim milk, and leave to become almost cold. Beat in 3 tablespoons of Jalna yoghurt (fresh) then pour into wide neck thermos flask and place lid on. Leave for at least 12 hours. It is a good idea to rinse flask with slightly warm water just prior to filling so that it will not cool the mix. Do not put flask into the refrigerator at any time. Always keep some yoghurt not more than 4 days old for next batch.

'While the Billy Boils' is a favourite section of mine and in GR 43 I found Impossible Pie. Thank you Maree Myhill for that incredible recipe — it is scrumptious! On the same page was Merri Lewis' contribution Corn Bread, which is equally luscious. I miss Renate's letters, she had a wealth of experience, and was a great inspiration. Such a giving and sharing person. I would love to know Renate personally.

Alma Embacher
Lot 20 Gardenhill Rd
LAUNCHING PLACE 3139.

Dear Alma,

Our chooks manage to live quite harmoniously with the magpies that live around 'Birdsville', it is the Guinea fowl who seem to say the wrong thing and then find themselves engaged in physical combat. Bantams are such busy little birds I'm sure they wouldn't be in the same spot long enough to provoke the magpies' ire.

Meg

Dear Readers,

I moved here to Sandford just four weeks ago and love the difference in weather and slow living compared to Sydney. My plan all my life was to own some land in NSW but I visited Tasmania last May and just fell in love with it. I have 15 acres and my children are happy here. One problem, although I have only seen one BROWN SNAKE. I hate them and ask readers if there is anything to deter these creatures from my property. Are animals around the house enough deterrence. I know it's one of the perils which comes part and parcel with owning land, but surely other readers must have these slithering problems too. Any hints would be greatly appreciated.

Marianna, Mark & Megan Perry
RSD Southarm Rd
SANDFORD 7024.

Dear People,

We are a very happy female gay couple (20 and 23 years old) and live near the peninsula in Victoria. We're both fit and healthy, not into drugs, and love the outdoor life. Cricket is our favourite sport and we hope to attempt other sporting activities in the near future. Because we don't go to gay bars it is difficult for us to make friends with other gay women, so we would like to know if there are any female gay couples between 18-35 who are in a similar situation and would like some new friends. Please let us know, we look forward to hearing from you.

N.K.
3/61 Catherine Ave
CHELSEA 3196.

Dear Grass Roots,

I am writing in reply to MICHAEL DUNCAN from Bayswater (GR 50). You have my sympathy. How I pity you. I read volumes in your letter. Through the few angry, hurt and bitter words you wrote to us all, your soul became an open book.

Dear Michael, you just don't have the power or the strength to crucify us — our dreams, our hopes, our aspirations. Your angry words cannot prevent or even impede our progress. But my dear man, how you're crucifying yourself! You are destroying yourself mentally, physically and spiritually with your own poison! You have thrown yourself into the mire and you are sinking fast. If you want to get out you must first learn how to forgive. The most important person for you to forgive is yourself. When you have forgiven yourself you will find that you have forgiven all. The only enemy you have is yourself. You are the perpetrator of your own folly. You are your own downfall. You are your own judge and executioner. In truth, your letter to us in GR 50 was not to us but to yourself. Read it closely Michael — look at yourself. Open your eyes and see how much you hate and loath yourself, how much you curse yourself and your own weaknesses. See how much you have punished yourself. Take a good look at your own inner guilt.

You remind me of an old man I once knew. He was terribly bitter and wanted to hurt a lot of people and I was one of them. I knew enough about him to know he suffered a terrible guilt that began at the age of 16 and grew and grew. Over the years he stung a lot of people but they turned away and got on with living. With every sting his own poison flowed back into his mind and body and over the years it accumulated. Gradually, he became diseased, physically, mentally and spiritually, and for the last long 40 years of his life he suffered great pain and loneliness of the soul. For 30 years he desperately yearned for death. The guilt, bitterness, hatred, anger and fear that caused him to yearn for his death also kept him alive in pain. He was afraid to die. A professed atheist, he had tried to destroy other peoples' Christian and religious beliefs — yet he was afraid to die! When he finally died a lonely old man, riddled with disease and agonising pain, nobody missed him.

He left it too late, he never saw, he never opened his eyes, he never reached out. Don't you do that Michael. It is not too late for you. I think you may have sunk too deep for people like us to reach you. We are all trying to help each other. Why not make an effort and join us Michael? There is one who can always reach you Michael, but you must make some effort yourself. Reach out and grab hold of the hand of God and He will pull you up here with us. Sure enough, there is the odd vulture — but there is a tremendous amount of sunshine, love and companionship and we're all trying to help each other. So, reach out and join us, pick yourself up and brush yourself down and have another go! There is not another you and there never will be. Be kind to yourself, be gentle with yourself — forgive yourself. The very best of luck to you Michael Duncan!

Diane L. Russell
108 Selina St
WYNNUM NORTH 4178.

Dear GR Readers,

I am buying one of the 30 acre lots on the GOLDEN DOWNS ESTATE outside Tara, Qld and will be up there Jan/Feb having a look around. I would appreciate it if anyone living in that area would drop me a line. I would like to possibly call by and learn first hand how people are working around this area's particular problems — especially the water situation. I believe the bore water is no good to water plants with.

Margaret R. Guidice
Staff Residence
Prince Henry's Hospital
St Kilda Rd
MELBOURNE 3004.

Feedback Link-Up Feedback

Dear Readers,

I must strongly object to the article 'MORE ON IMMUNISATION' by Hilary Butler, Waiuku, NZ, GR 50 p.74, and point out to GR readers that I consider it to be the greatest bit of propaganda and emotive advertising I have seen in a long time.

Other GR Readers who are parents should consider this thought. Whilst you are spending time chasing up copies of the suggested reading material in Hilary's article, and then ploughing your way through the texts, possibly without the medical background to help you to fully understand or appreciate what you are reading, your children are waiting for you to make the decision about how healthy or handicapped the rest of their lives will be! In the meantime, the beasts that are destroyed by immunisation (which is quick, efficient and well and truly researched) are planning their invasion upon your little loved one's body.

Governments, research foundations and immunologists the world over have spent many thousands of dollars, if not millions, in researching safe and effective immunisations for the diseases that were wiping out our children no more than a few decades ago. They did not spend this money with an aim for future personal gain, nor as an investment towards profit in the future. I wonder how much money the author of *The People's Doctor* has invested in such research? I wonder how much profit he has anticipated making from all the GR parents who are being fed this emotive propaganda?

Immunisation may not be the perfect solution, but it sure beats the alternative — children suffering, deformed or dying. May I suggest you re-read the letters previously published in *Grass Roots*, eg A.Britton, GR 46, p.11, and Jim Clarke, GR 49, p.5.

**Irene Murtagh
C/- Post Office
BROKEN HILL 2880.**

Dear Readers,

With regard to the article on 'BEE PESTS' in GR 50, we would like to suggest you try putting axle grease on the legs of your stand. We make Biltong (dried marinated meat) and place it in a fly-proof wire cage. By placing it away from trees, with grease smeared on the legs of the stand, we find that the meat-ants have no way to enter the cage. This may be an alternative method to using Chlordane.

I am a new Mum to a lovely little girl and would like to pass on a hint. When your breasts become engorged and so very sore when your milk first comes through, collect the outer green leaves of a cabbage, wash thoroughly and cool in the refrigerator. Tear them into pieces and place in your bra, changing frequently. The chlorophyll in the leaves works in some wonderful way.

**Vicki & Frank Schultz
PO Box 137
KUNUNURRA 6743.**

Dear Someone in Particular,

I am a 25-year-old single parent. My son is nearly four years of age. Before parenthood, I travelled to many different places in Australia like Atherton Tablelands, Darwin, around Brisbane and parts of Victoria where I have stopped for just over two years now. I work part time which has kept me here. I have a strong interest in self-sufficiency. I would love to learn how mudbricks are made. One day I might with luck, find or have a small part of Australia.

My interests are gardening, spinning, sewing, music, playing squash, taking time out for sunset walks, and just the surrounding nature. I WOULD LIKE TO CORRESPOND with a single male with or without children. If you are romantic, caring and not perfect, don't hesitate, drop us a line. Come on don't be shy. I smoke cigarettes and after six years of being vegetarian I now eat a little meat. I'm a cancer lady, 5ft 5ins tall, curly brown hair. Only write if you are truthfully interested. I will answer all letters.

**Ruth & Tula Fehring
PO Box 360
COHUNA 3568.**

Dear Readers,

We, Wally 31 years, Mary 30 years and Claire 20 months, are desperate for a PLACE TO LIVE. We would like to hear from anyone who has a few acres that they would lease to us for 5-10 years. We are not new to this growing venture but desperately need a secure base. Very much looking forward to hearing from anyone.

**Mary, Wally & Claire
C/- Mrs C. Whyte
18 Clifford St
WOODY POINT 4019.**

Dear Grass Roots Readers,

I am looking for a recipe for BANANA PASSIONFRUIT. They are a bit tart and have a hard seed but they must be good for something. Any ideas? Also may I say Hello to all my friends in Blackbutt, Qld, especially my sister Liz.

**T. Heckenberg
37 The Boulevard
OAK FLATS 2529.**

Dear Grass Roots People,

Please will someone wise in the lore of DANDELION COFFEE come to my aid? I have read of its joys and virtues in GR, so when I dug up some large and healthy roots from my vegetable garden, I decided to try them. First, I washed the roots thoroughly, chopped them into bean-sized pieces, then dried to crispness in a slow oven before grinding the result in a coffee grinder. With anticipation of delight I brewed my 'coffee' and took a hopeful sip. YUK! The only comparison I can make is to burnt parsnip, flavoured with old leather. Where did I go wrong? Perhaps I picked them in the wrong month? This was just the other day — September, in a cool climate. My faith in *Grass Roots* is enormous, so I'm sure someone can help. Best of luck to all.

**Agnes C. O'Donnell
WANDILIGONG 3744.**

Dear GRs,

It surely took a long long time to get what I have got. One hundred acres at last. Any self-respecting farmer would call it rubbish country. However, it's mine. It would be nice to share my good fortune with somebody or bodies. Land Rights would be a good thing for all Australians. Lots of people do not mind some hard work especially when you can see so much for your efforts. Even as yours truly has many stones, up hills and down hills and the soil is not the greatest, the wattle has been flowering for some time now — lucky me.

Are there any GRs around Goulburn NSW. Somebody with a similar venture may wish to say Hello. So push on fellow GRs, you will get there.

**R. Neilson
Lot 3 Spa Rd
WINDELLAMA 2580.**

Dear GR Readers,

I am interested in making contact with people (within 40 kilometres or so of Gawler) who would like to BARTER/SWAP VARIOUS VEGETABLES, fruit and other goods. I have the following to offer (depending on season) a variety of organically grown vegetables, lemons, seedlings, herbs, a few eggs, home-made jam, sauce, preserves, and hand crafted items such as gumnut necklaces, hand printed cushions, children's t-shirts, potholders, etc. I am particularly interested in bartering any of the above items for vegetables we do not grow, other herbs and fruit and hand-crafted goods.



**Marie Clark
38 Second St
GAWLER 5118
Ph: 085-224-150.**

Dear Meg and Grass Root Readers,

Some time ago a *Grass Roots* reader wrote in saying that they had a few acres on the north coast, where other people could come and spend their holidays for a small fee. I know that it has beaches and sheltered camp spots. If the people involved read this could they please contact me. I have gone over my magazines, the letter is eluding me just now. I look forward to each edition, keep up the good work.

**Goat Lady
PO Box 229
COBAR 2835.**

Dear Grass Roots,

INVITATION: there is a holiday shack on wild and beautiful Flinders Island in the Bass Strait. There is a lonely three-year-old girl living on a beautiful little beach who would love some company. Is there any child(ren) and parent(s) who would like to come and enjoy a moment of nature with us.

**Monique Ferriere
Whitemark
Post Office
FLINDERS ISLAND 7255.**

Feedback Link-Up Feedback

Dear Friends,

As a new reader of GR I've been amazed by the friendliness and genuine concern of like-minded people to share love, ideas and skills. I enjoyed these attitudes in NZ but for the last three years I have allowed myself to be caught up in the commercial competitive business world and have lost touch with really natural people. At present I'm living on a farm at Emerald (hence my introduction to GR) until December 20th 1985, when I plan to return to Brisbane to pick up my city life again. This time spent in the country has given me a new perspective on the rat race and I've decided to create an alternative lifestyle when I return. I would love to link up with GR folk in the greater Brisbane area who are happy to enjoy what the city lifestyle offers and yet love to escape to the beach or bush at the weekends. I would prefer to move from my flat in the heart of the city to share in a communal co-operative household, preferably in a quiet, leafy atmosphere anywhere in Brisbane itself. I am 39, Cancer, nonsmoker, social drinker, semi-vegetarian, fun loving with a positive attitude to life and I'm seeking spiritual awareness. My interests include reading, music, art, poetry, cooking, alternative health, astrology, yoga, swimming and my vibrant Leo son Luke (4). I would like an environment that would appreciate and enjoy the presence of a child, and of which I could be a co-operative contributor of energy. My address until 20th December is PO Box 438, Emerald and I would enjoy corresponding with GR people that I could develop a friendship with when I come back.

Marilyn Going
PO Box 271
COORPAROO 4151
Ph: 07-397-9553.

Dear GR Readers,

I am very interested in obtaining copies of GR from numbers 15 to 40. If anyone has them to sell I would like to hear from you. I am also looking for a recipe for a NATURAL SHAMPOO AND CONDITIONER because I am trying to grow my hair long and keep it healthy at the same time. If anyone has advice on how to control split ends I would be most grateful.

Cheryl Fazzalari
31 Cole St
BOOVAL 4304.

Dear Grass Rooters,

I am writing this follow-up letter to let you know that I'm now ON THE ROAD WITH MY HORSES and have been for almost four months. Some of that time I have had help and some of the time I've been doing it on my own (not real easy). I've had to devise ways to control 50 odd horses by myself when I'm without help. Part of this has been the plaiting of 1000 metres of sighter rope from used bail strings. A Grass Roots person who joined me for a few weeks helped me with the plaiting marathon and was the best of company until she had to return home.

I expect to be with this horse driving venture for a long time so if any more *Grass Roots* readers would like an unusual experience for a short or long time you are welcome to give it a try. You'll need your own camping gear (apart from cookware). Living conditions are very basic so if you can handle that sort of thing and would like to be involved with horses contact me. Just give it a few days to reach me, I will answer every letter.

Thanks to those who have already written. I answered every letter I received so if you wrote and didn't hear from me it is because your letter didn't reach me. Please try again. I've found that people are really terrific the way they help in all sorts of thoughtful ways and I've only met one rude person. All the rest have been beaut. It is great way to meet people and make friends. Hope to hear from some more of you.

Barbara Marsden
PO Box 102
BLAYNEY 2799.

Dear Grass Roots Readers,

I would like to try making HARD CHEESE, but can only find recipes using animal rennet. Does anyone have a recipe using alternative methods. I have a herb called LADY'S BEDSTRAW (*Galium Verum*) which can be used in place of animal rennet but I haven't a recipe for this either. Also I would like to hear from someone who has had practical experience growing small crops of WHEAT without chemical sprays.

Lisa Kelly
'The Croft'
Musk Creek Rd
FLINDERS 3929.

Dear Folks,

We have been in Sydney over 18 months and are very happy having moved into our new house. It's lovely to be able to get out in the garden again. We have a loquat tree with rapidly ripening fruit - what does one do with loquats? One suggestion that would satisfy my curiosity - when people write in with questions would it be possible to share some answers. I must confess I'm guilty too. I accumulated every imaginable recipe for rhubarb and pumpkin. If I ever find them I'd be happy to send them to anyone who asks.

Julia K. Beuker - re ROSEHIPS. Use freshly picked ripe hips, deep red in colour. Hull carefully. Half fill a saucepan with crushed hips and fill to the top with boiling water. Simmer slowly for 20 minutes and strain out solids. I froze the juice in margarine containers. Just water down and sweeten with honey as required.

Our neighbour has encased about two - three feet of the gum tree trunk with aluminium supposedly to make it too slippery for POSSUMS to climb. He also claims that to prevent possums returning home after they have been trapped and transported they must cross water.

We have recently sold our 72-acre farm which we'd had near Kyneton, Victoria. We lived there two years. We ran crossbred sheep and had an enormous garden and an establishing orchard. Rob went to work in Melbourne and it was promotion in his work that made us move back to suburbia. On the farm we lived frugally and tried to be as self-sufficient as practical. We grew most of our vegies, herbs, eggs, meat and wool. We gained invaluable experience and learned a lot about ourselves and where we were at and hopefully we shall return to the land again. I found it difficult to readjust to city mentality but have gradually rationalised it. I've come to realise that GR spirit comes from within and try to motivate myself (as time allows) towards gardening, recycling, mending sewing, making bread, spinning, knitting, 'op-shopping' and preserving. I try to give my family a good nutritious diet with a minimum of junk food. As I write I feel a little as though its fiction because I had to spend three months in bed prior to the birth of our darling daughter and, with moving as well, I'm still trying to catch up.

Ngairé & Rob Shorter
24 William St
AVALON 2107.

Dear GR Readers,

If any of you still have PSORIASIS the following information will help. Psoriasis is an allergic reaction to yeast which will take a long time to leave the body's system because it is a fungus. Another allergic reaction to yeast is a dark area under the eyes whether you are tired or not. However, using willpower and not eating the foods which have yeast in them, you will notice an appreciable improvement in a matter of weeks.

Yeast is found in the following foods: breads, biscuits, pastries, pretzels, hamburger buns, cake and cake mix, rolls, cookies, flours enriched with vitamins from yeast, mushrooms, waffles, cheeses of all kinds, buttermilk, vinegar including malt and cider, mayonnaise, olives, pickles, french dressing, salad dressing, tomato sauce, fermented beverages, including whisky, wine, brandy, gin, rum, vodka, beer, etc., malted products, eg. cereals, candy, milk drinks, vitamin and multi vitamin capsules if made with yeast.

The following biscuits are yeast free: Plaza, Sesame Thin, Thin Captain, Wheat Crispbreads, Uneeda.

Freshly squeezed lemon juice may be used instead of vinegar in mayonnaise. Please let me know if I can help in any way.

Janette Evans
50 Thorne St
TORONTO 2283.

Dear Readers,

I may have a solution to D. Karbour's problem with SANDFLIES, GR 50. I too am allergic to these tiny pests and have tried many repellants over the years. The most effective I have found is equal parts of Dettol, methylated spirits and baby oil, shaken well together before use. An empty baby oil bottle, or similar, is ideal for bottling this brew as it has a convenient top for application. To alleviate irritation from bites try rubbing them with the juice of the very common 'pig face' succulent, which is found growing wild along coastlines. Another example of nature providing a cure close to the cause. Do hope this helps fellow sufferers.

Cheryl Carroll
PO Box 17
KINGAROO 4610.

Feedback Link-Up Feedback

Dear GR Readers,

I am SERIOUSLY CONSIDERING A MOVE TO A SMALL ACREAGE IN THE COUNTRY and would appreciate any advice on the whys and wherefores. I am a single mother with four children fast becoming teenagers. We are country people at heart and have been back in the city only two and a half years, but long for country living. Due to a change in circumstances we should be able to acquire a small property but I am hesitant as I am not really sure what to look for and what to expect (other than hard work which we are not afraid of). If any readers could write and help I would be most grateful.

**Gay Finch
36 Warragul St
DALLAS 3047.**

Dear Readers,

We are planning to move onto some land in the new year and are interested in building an underground earth shelter house. We would like to hear from ANYONE WITH EXPERIENCE OF BUILDING and/or living in such a dwelling. Perhaps you could pass on some tips, things to avoid, useful products and so on. We would also like to hear from any NZ readers who have donkeys.

**Penny & David Guy
9 Limbrick St
PALMERSTON NORTH, NZ.**

Dear GR Readers,

I am writing in the hope of finding my PIECE OF LAND AROUND THE BALLINA AREA – between 5-50 acres with plenty of water and at a reasonable price. It must have a permanent creek, be heavily timbered and perhaps have a shack.



**Marja Payne
39 Main Street
C/- Earlando Resort
PROSERPINE 4800.**

Dear People,

I wonder if any readers could help me? I would like to BUY A BUTTER CHURN, or maybe someone could suggest how to make one. All my efforts so far have fallen on deaf ears.

**Ruth Fischer
121 Trafalgar Ave
UMINA 2257.**

Dear GR Readers,

Are there any readers who know anything about tea-tree oil? How it is harvested and distilled and who would buy it?

**David R. Galvin
36 Ocean Drive
FINUCANE ISLAND 6722.**

Dear Readers,

Well everything is going fine in my goal at achieving self-sufficiency. I am halfway through building a solar hot water system boosted with a stove. This though, is not my problem, my next project is a wind generator. A basic one with 44-gallon drum vanes – that too is mostly figured out thanks to GR 30. Storage is what I need to know. Does anybody know anything about MAKING BATTERIES, possibly using old 12 volt cases (large) to make 2, 4 or 6 volt batteries? The only information I can find is on reconditioning batteries and that is totally useless as I intend to try to smelt some cells. Can anyone help?

**M. Cliff
Lot 7 Yarrobil Estate
Wellington Rd
GULGONG 2852.**

Dear GR People,

We are three 20-year-old guys travelling up to Cairns from Ballarat (Vic.) in mid-February 86. We have no set travelling plans but are keen to see as much as possible during our trip. We would like to MEET AS MANY PEOPLE AS POSSIBLE to exchange ideas, learn and labour for a place to stay. We have our own camper and all living amenities. Our interests are varied including self-sufficiency, playing music and meeting easy-going people who enjoy the basic good things in life. All letters will be gratefully received and promptly answered.

**Richard Morris
137 Wendouree Pde
BALLARAT 3350
Ph: 053-312-703.**

Dear Readers,

I am currently serving what I call my 'prepare-for-the-land-apprenticeship' and find GR very helpful. My apprenticeship is both theoretical and practical in a manner of speaking. Theory is covered adequately by reading and corresponding as I learn of concepts and methods I intend applying when I buy and develop my own plot of dirt in a couple of years. I am a fully fledged suburbanite with mortgage, hankering for the alternative lifestyle! The practical part is partially covered by coping with the rigours of operating a small gold mine near Cloncurry in North Queensland, on my holidays and at weekends when I'm away from my normal mining job in Mt Isa. Inspiration to change my mode of life after years of the normal scene was in fact prompted by the beautiful atmosphere of living out bush and having to depend on self-reliance, even though for only several weeks, and the satisfaction of seeing results of a day's labour.

One major problem with the area is the lack of adequate water supplies for growing, farming, and industry which tends to put a damper on one's plans for successful large areas of crop. Our mine humpy boasts a garden plot for several vegetables and some flowers, about the size of a large car, and it's an effort to keep adequate water up to it – trucked in and pumped from drums! Further practical lessons come from the normal suburban garden plot and a crop of aloe vera plants inherited from a friend who left town. The aloe vera are doing well and multiplying ferociously, however, I know very little about them except growing them successfully. I invite suggestions from readers on how I can process them, and anyone wanting a northern grown aloe vera is welcome to write.

Related to the problem of water in the north is the problem of inadequate soil. Soil must have more time and effort spent on it to reduce the high ratio of sand. River bed 'soil' tends to pack and requires special attention to mulching and composting. Developing adequate soil has prompted my latest project of breeding worms. We have virtually no worms in Mt Isa and the rare one or two that are found in soil that has come from the coast is a novel experience. To date I have sold none. I am building up my numbers for my own use and for friends. However, word of mouth has already caused a waiting list of customers as people hear of 'The Worm Farm' in Mt Isa and realise how their gardens and lawns would benefit. Most enquiries tend to be questions on how worms can be used to improve lawns which is for a lot of people here a major project and often an obsession. I know nothing of how worms may be introduced and kept successfully in lawns so if any readers have had experience I would be grateful to hear from them – in exchange for some worms perhaps?

Anyway, my apprenticeship is being served with a view to exiting from suburbia to a more satisfying life of subsistence (supplemented for a while!) and to this end if anyone knows of a block of land with water that is to be available to buy in two-three years, you are welcome to write. Arrangements could be very flexible, perhaps leasing the land in the meantime so that some preparation may be done, and also elderly vendors would be welcome to continue to live on and share the land if it was practical. Ideally I would like 50 acres plus with a dwelling and in Queensland, north of Brisbane. I would like to be able to grow avocado trees, aloe vera and, of course, to be able to continue my worm farm.

Any women with 'earthy inclinations' are welcome to correspond if any of this appeals. Thanks again to those I have already corresponded with and to those who will offer future inspiration and assistance.

**George Wakelin
7 Verry St
MT ISA 4825.**

Dear GR,

I agree with Hylda Bracewill 100 per cent (GR 50). The first thing I look for when my GR arrives is Grass Shoots with Basil and Rosemary. Ian Gunn does a marvellous job. The other day I managed to pick up GR 19 from a second-hand book store and came across a great article by Pauline Williams called 'Some Thought on Self-Sufficiency'. It really tugged at the heart strings and made my eyes mist. Anyone making the move should read this – it makes it all seem worthwhile despite the downfalls. Does anyone have suggestions for the REMOVAL OF RED SPIDER MITE which have eaten all my purple climbing bean seedlings? I don't want to resort to poisons when I try again.

**Belinda Battersby
4 Monavo Crt
ABERFOYLE PARK 5159.**

Feedback Link-Up Feedback

Dear GR Readers,

I have been sifting through GR on and off for the past four years. Like most of you I had in mind as my ultimate aim, a small house on some land in which I could maintain myself as self-sufficiently as possible. A recent extended working holiday in Europe, the Middle East, and North Africa only enhanced the possibilities and advantages of living thus. Four months on a kibbutz in Israel confirmed my belief that community rural living offers the best quality of life for all concerned. Therefore, on my return to Australia, I resolved to work towards attaining a similar lifestyle with like-minded people here at home. I have spoken to banks and politicians to see how such a project would be viewed by them and have had encouragement and advice from the most unexpected quarters. What I am now trying to do is visit rural communities already in existence to see how they have coped, how decision making is done and so on. I have had considerable difficulty in finding any. DOES ANYBODY KNOW OF ANY ASSOCIATION OF WHICH SUCH COMMUNITIES ARE MEMBERS, where I could obtain a list of addresses to which I could then write. Also, is there anyone I could visit or write to, or who would visit or write to me, who has a similar dream and doesn't know where to start. I'd be thrilled to hear from you.

Debbie Tickner
134 Menangle St
PICTON 2571.

Dear People,

Once again the shops announce the arrival of Christmas. I can recognise the birth of a new era through the Christ child, but I DO NOT WISH TO CELEBRATE NOW IN THE COMMERCIALISATION OF THIS EVENT with my new child. I know it is going to be difficult to change within a loving but traditional family, but a stand must be made somewhere if we respect our changing values in society. Christmas really is only one day, but does seem to be a major pivotal point for all other events of the calendar year, carrying with it all connotations and urgency of death instead of birth. How have others dealt with this event? Perhaps answers through the magazine would assist in widening the awareness and build a stronger force against the status quo.

Mari & Gendal
The Laurels
GEMBROOK 3783.

Dear People,

I would like to return to Australia early next year and I require some information. I have noticed many people are selling off or wanting to buy shares in country properties. What I want to know is WHEN ONE BUYS A SHARE OF THESE COMMUNITIES DO YOU HAVE TO OFFICIALLY FORM A COMPANY with other shareholders or is the arrangement very loose? Do most of the people involved in these schemes make a living from their land or do they have work in nearby towns? I have about \$20,000 in Australia which could be used to buy a share, preferably in Tasmania. Do any readers have suggestions or advice?

Victor Lampert
Box 51888
Wierdapark
0149
SOUTH AFRICA.

Dear Grass Roots Folk,

Dave and I were reading with great interest some of the back issues of GR and discovered an article by S.O. Appleby. Neerare, Qld (GR 44) about octagonal houses. Building a house like this has been a dream of ours for quite some time now and we would love to contact the writer of this article and also other people, especially in Victoria, to discuss the ins and outs of building a house like this. We would appreciate any replies.

Dave & Marianne
1/49 Vermont Pde
GREENSBOROUGH 3088.

Dear Folk,

I am a 46-YEAR-OLD WOMAN LOOKING FOR A RURAL COMMUNITY. I am a very practical person with plenty of survival skills and I'm used to living communally. I am vegetarian and committed to peaceful social revolution. I would like to hear from communities where I could stay and work for a few weeks and also from others (age, sex immaterial) in a similar situation to myself.

B. Davies
9 The Knoll Crescent
BLACKWOOD 5051.

Dear Readers,

Would anyone be interested in forming 'an equal one family unit pool' as suggested by Ian Perry in the April issue of GR? My husband and I have been looking to buy some land so that we can have a cow, some chooks and ducks and a horse and so on, but have been daunted at the prices for small acreages. It would be much cheaper to buy a large acreage and divide it equally among agreeable partners, each family unit being completely autonomous. The area we are interested in is the Toowoomba/Darling Downs district. IF THERE IS ANYONE INTERESTED IN SHARE BUYING A PROPERTY WITH US please write.

A. Dunne
14 Wyndham St
TOOWOOMBA 4350.

Dear Readers,

We are Kim (23) and Daniel (10 months), who are at present making the transition from living in a large, noisy, caring and (usually) happy house with three relics of the hippie era (Hi, Dave, Pam and Neil) and two children who have all left for browner pastures in WA, to living in a small quiet flat and we are missing GR company. We would love to hear from anyone in the area who is perhaps a little lonely, too. At some stage we will be moving into our own home and would appreciate words of wisdom on keeping a goat and a vegie patch in a large back yard. We will also need someone to share the house and work with us for company and to help financially although rent is negotiable. Finally, thanks to Graham Carter for his article on 'Cold Climate Gardening' and to every one involved with *Grass Roots* for such an interesting magazine. It's nice to know that there are other people working to achieve a better life.

Kim & Daniel Hooper
PO Box 563
QUEANBEYAN 2620.

Dear GR Friends,

I'm finally heading off around Australia so that I can have a more intimate look at this wonderful land. I'll be spending all of 1986 on the road, or should I say in the bush, on the beaches, and in the desserts. I have a strong love for the natural environment and want to spend most of my time discovering wildflowers, wandering along bush tracks and seeing the land that has not yet been affected by humans. National parks and reserves will be easy to find but if anyone has that 'special' place that I should see on my travels, I would be glad to hear from you. Or if you just feel like having a visitor, I'm sure we'd have stories to share. Some of my interests include teaching at a community school, gardening, animals, and designing houses. In the same light, if anyone is passing through S-W Victoria I will gladly direct you to some of the magical spots that I have discovered.

Lisa Cooke
27 Canterbury Rd
WARRNAMBOOL 3280.

Dear GR Readers of WA,

I'll be travelling extensively throughout your state next year and would appreciate hearing from readers over there. I'd like to be able TO VISIT YOU TO OBSERVE AND PARTICIPATE IN YOUR LIFESTYLES. I would like to learn more about organic farming, mudbrick building, pottery and other crafts and to see how well self-sufficient communities function. I'm 22, motivated, nonsmoker, nondrinker, vegetarian and would love to visit you. I'll work and pay my own way so if anybody in WA needs an extra pair of hands or has something they can share with me, please write. All letters answered.

Sean Webster
C/- PO Box 30
TERRY HILLS 2084.
02-997-3802.

Dear People,

I am considering installing a 12-volt lighting and power plant operated by solar power. I have written to a few companies for information but I would like to hear from people who have had practical experience in the field. If anyone is prepared to share their trials and tribulations, let me pick your brains!

L. Melling
Box 768
Penneshaw 5222
KANGAROO ISLAND

Feedback Link-Up Feedback

Dear Friends,

If you read GR 50 p. 20 'A Successful Failure', it will explain my situation in more detail and may help determine whether this letter concerns you. There is an opportunity for the right person or persons to make a go of it here at Harrogate Farm. At the moment I am maintaining the farm, caretaking the natural springs campsite and teaching unemployed people how to build a mudbrick sod-roofed dormitory that will double accommodation to attract larger groups. There are many facilities and tools accumulated over the past eight years that are not being used at the moment. There are also 80 acres of good land and the equipment to improve it. As my involvement with people and social change has increased I have had less time to operate the property and its productivity and financial viability have dropped. I would like to correspond with **ANYONE INTERESTED IN SETTLING DOWN FOR A COUPLE OF YEARS TO GAIN WORK EXPERIENCE** whilst developing the income earning capacity of the property to their own advantage. The facilities available are a mudbrick dairy suitable for cows and goats, a fully equipped one-third-acre garden with glass and shadehouse, a good poultry run, a workshop full of tools and equipment and heaps of outbuildings. A 22-foot caravan, free water and 32 volt electricity are also available. An established mudbrick business I have operated on and off for the past four years is another interesting area that could be developed. Very little money or experience are necessary. The desire to live simply and work hard, a mature positive outlook, and perseverance are a recipe for success. This is not an opportunity to get rich quick, nevertheless a stable income and excellent lifestyle are possible long-term.

My aims are relative self-sufficiency and a secure future for the lucky persons, to see the land productive again and to allow myself some time to develop another outrageous list of projects and ideas. The experiences I treasure most are love, sincerity, compassion and clarity. I am open-minded, confident, romantic, practical and positive. I have a vision which is already coming into focus. To complete the picture by myself is impossible. If anybody's interested in being part of this experience drop me a line. A further introduction to Harrogate Farm can be found in GR 28 and GR 38.

**Neville Ackland
C/- Box 751
NAIRNE 5252.**

Hi GR Folk,

John and I are planning a horse and wagon trip, all going well, for about the middle of 1986. Starting from Cowra we want to follow the Lachlan River along to the Murrumbidgee and Murray Rivers. We have not been along there so we are seeking information on the areas such as what the roads are like, usage of good side roads and stock routes. Just general basic knowledge on the area. We also **NEED TO PURCHASE ANOTHER CLYDESDALE TO MATCH OUR MARE 17 hands high.** It must be broken and preferably used to road work. Along the way we'd like to stop and work the land with our horses and grow food and, of course, we're into meeting people. Also a big thank you to everyone who wrote to me about treating the Queensland itch that troubles horses. Thanks again and remember if you keep your dreams warm and tucked under a soft pillow they soon hatch.

**Marrigolde, John & Lawrence
M/S 626
KIN KIN 4571.**

Dear Readers,

I want to know if there are **EXISTING COMMUNITIES ANYWHERE WITHIN HALF AN HOUR OF MELBOURNE** with a view to living in such a place if possible. I am seeking ideas and information on how a lady with two active, healthy children (2 and 5) might find low-cost, quality living amongst, or near, progressively-minded people in areas of education and personal growth. I am interested in growing food and herbs, meditating, yoga, and basically a Buddhist life philosophy. I have lived in shared houses and as part of a family unit, in the bush, a country town, semi rural and inner city. I prefer to live away from the rat race but still be in touch with resources and people of similar interests. I would like to know what other mums going it alone have found in way of similar lifestyles and living conditions and also their problems. I have a small room to rent to possibly suit a country person visiting or temporarily needing city accommodation. All replies will be acknowledged.

**Heatha Campbell
11 Britten Street
GLEN IRIS 3146.**

Dear Friends,

Kris (28), myself (26) and Abbey (4) live on 50 acres in a lovely valley 22 miles north-west of Armidale. We would love to see any people who are travelling through and need somewhere to stay for a couple of days. We can offer floor or tent space in summer (the winters are cold). Write to us for directions and we'll make sure we're home to greet you. We'd love to see people with similar interests - animals, children, crafts, gardening, herbs and building - or people with different interests. Variety is the spice of life! We would like to find some lovely people who through about three years ago - Mick, Ali, Brock and Holly. We lost your address in the move and would love to hear from you. Please write if you read this because we miss your lovely letters.

We have been using Soap Box herbal shamoo soap and **WE WONDER IF ANYONE KNOWS OF A GOOD SHAMPOO SOAP RECIPE** or where I could find one. The bought one is expensive at \$2.50 a cake although it is lovely to use.

**Liz Rene
'Rivershack'
Rockvale
via ARMIDALE 2350.**

Dear People at GR,

My move was a two-stage affair with eight months in Armidale living with my parents until I found a property that would be suitable. Ten months ago I moved to this property which is roughly triangular in shape with the Gwyder River as my eastern boundary. I have 260 acres of rough bush country with the access through two other properties. Although only 5 km from Uralla, the town is behind a bush-clad hill and I see no other dwelling from any point in the house. I have a very large and efficient solar power system augmented by a wind generator feeding 48 two-volt batteries. Starting a garden in pure clay is challenging but I think I am winning - I saw my first earthworm a month ago! I couldn't begin gardening until I had sold the 42 goats that I had inherited with the property. I had to sell them after they started steepchasing over the boundary fence into a paranoid neighbour's paddock. Really I couldn't blame the neighbour and yet I also couldn't blame the goats. His pasture was green and lush and there were also untouched blackberries. I missed their friendly faces after I sold them and I'm determined to have more goats but to keep things small.



**Andrew Hardwick
'Studley Royal'
Devoncourt Rd
URALLA 2358.**

Dear Grass Roots,

In the past twelve months your magazine has both brightened my day and helped me in my first year in the country. Many people thought I was crazy to sell up and move to the sticks. They thought that being a single mum (of three) I needed a lot of company, but all I wanted was peace and quiet. I may be only renting but I feel that I, myself, am starting to get somewhere. The kids seem to be learning more (and wanting to) and even behaving better. I have even found my soulmate who the kids really love and he loves them. We have just moved into an old house on ten acres (we're still renting) but even though it is not ours it is our vision of what we would like to own. We are allowed to have any animals we want, grow what we want and do any improvements we want (within reason) which we are doing because we love it so much. In the month we've been here we have been flat out refencing, painting, generally cleaning up, and ploughing and planting our very large vegie patch. We've also added to our menagerie of animals. We now have eight poddy calves (all with names), about 20 chooks, four geese, two dogs and a cat but I haven't finished yet. I still haven't any ducks or a goat. Is there anyone in our area who could **TELL ME WHERE I COULD GET SOME DUCKLINGS OR A YOUNG GOAT?** Also any information or book on rearing calves and their diseases, herbs and their medicinal uses in the home. Would anyone have simple instructions for an incubator and how to use it? What is companion planting? I will gladly answer all letters (I love hearing from people) and would appreciate any advice.

**Lianne Watt
Standon Drive
Lower Belford
via BRANXTON 2335.**

LIFE IN THE SOLOMON ISLANDS

by Vicki Kalgovas, South Malaita, Solomon Islands.

Imagine a life where 'railway trains remain a bit of a mystery; many people have never seen any form of land transport other than feet. Ballet is a strange custom of us white folk . . . and following fashion is considered most peculiar'. It's inspiring to know that there are still places, still communities where people live simple and dignified lives. The Solomon Islands are one such place. To the observer their way of life appears hard and the rewards few, but although these people are very poor by western standards it's obvious that the inherent structure, meaning and sense of continuity in it provide them with a life that cannot be measured in material terms. This story, by Australian Volunteers Abroad member Vicki Kalgovas, is challenging to our over-stimulated and over indulgent lifestyles and timely for us all as Christmas creeps ever closer. The riches in our world are indeed unevenly distributed and the line between the haves and the have-nots sharp. Yet of them both, it is the latter who seem to live the more contented lives. This is a fascinating glimpse of a lifestyle we can rarely share and one which will give us all much to contemplate upon.

All my working life had been in the public service; a total of ten years, albeit punctuated by trips overseas or sojourns in the Victorian countryside. I quite enjoyed it all really. I certainly cannot say that I was unhappy with life and the public service, but there was a constant nagging thought that there must be an adventure somewhere out there for me.

One evening, sometime during the middle of 1983, I heard an advertisement for Australian Volunteers Abroad; it set my thoughts racing. Wow, a challenge, an adventure, and a way to help bridge the gap between us and the Third World, all rolled into one. I applied. I was accepted. A placement was found. Then I got cold feet. 'Madness', I thought to myself. 'How can I just throw security and a good job to the wind? What about my lovely old house? The garden that I had slaved in? The chooks?' But I pushed all the doubts aside and in January 1984 came to the Solomon Islands for a two-year term as an AVA.

The placement is with the Solomon Islands Development Trust, a non-government organisation whose emphasis is on a holistic approach to community development. Small mobile teams, comprising of Solomon Islanders and occasionally AVAs, tour the islands and conduct workshops in which the village communities are encouraged to evaluate the quality of life within the villages. Having identified any problems, they can then begin to work towards a solution. There are about 80 people working with SIDT, ten of them Australian volunteers. A small handful work in the main town on Honiara, but the rest of us live and work in villages in five different areas. My area is South Malaita, where the Trust works with and through the Harumou People's Centre.

In 1982 several villages in South Malaita joined together to build a community centre. The centre fulfils a variety of functions, but its basic aim is to try to help improve village life. It is used as a venue for training workshops and seminars on different aspects of rural life. We are trying to build up a stock of basic tools, so that participating villages can have access to things that would normally be beyond their means. We have established a small library; a great benefit to the primary schools in the surrounding area, as usually their resources are few. We have recently acquired some treadle

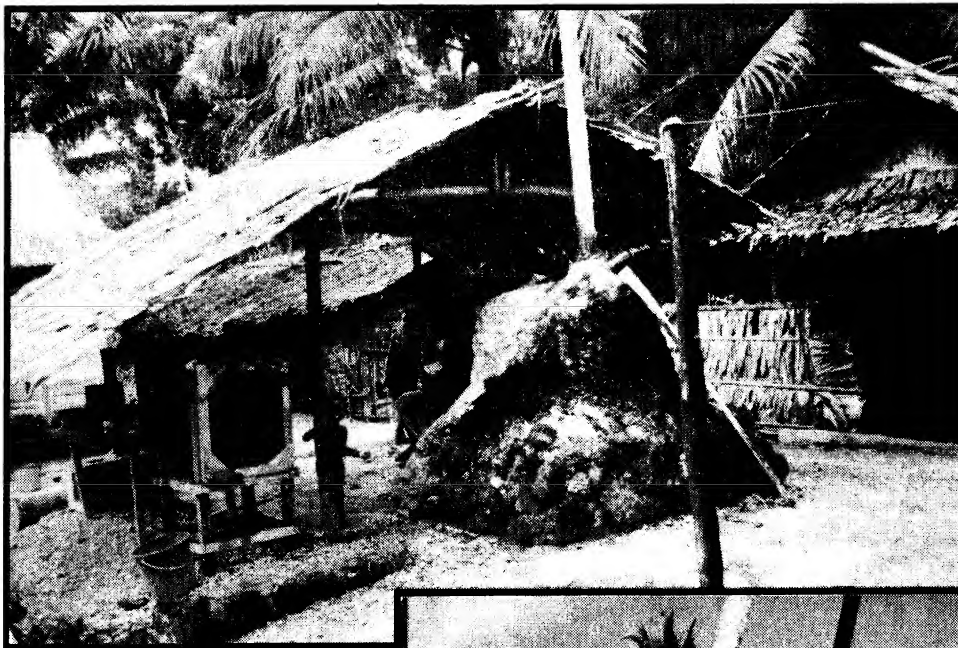
sewing machines; lessons for the young women are under way. Last year the centre set up a postal agency. Our latest venture has been to establish a buying point for locally produced copra.

There are two Australian volunteers living in Harumou and working closely with the centre. Basically, we provide administrative support, help with planning and organisation, and provide practical help with appropriate technologies and ways of improving village life.

Harumou village is situated at the southern entrance to the beautiful *Are'Are* lagoon. It nestles on a narrow strip of dry ground between the mangrove swamps and the sea. It contains all the elements that go to make up tropical paradise: a back-drop of rugged, jungle-covered mountains; graceful palm trees swaying gently in sea breezes; the beautiful lagoon, dotted with islands, and fringed by white coral sand beaches; the glorious balmy tropical climate; the reef with its wonderful variety of fish, shells and plantlife. The buildings too are picturesque. They are of bush materials — bamboo, betel nut, sago palm leaf, bush timber. The people are smiling and friendly; they have been most kind and hospitable to their Australian visitors.

But the beautiful surroundings belie the hardness of life in the village. The lifestyle is subsistence, and in many ways as it has been for centuries. Traditional beliefs and customs are still strong. Isolation and difficulty with communication and transport have kept the world, as we know it, far away. For many of the village folk, it has absolutely no relevance; they are entirely caught up in their subsistence life and the daily grind of survival. This kind of lifestyle requires self-sufficiency and self-reliance. Each member of the society must know how to provide nutritious food and how to provide shelter. If you do not know, you do not survive. But it is a lifestyle that requires constant vigilance. Most time here is spent simply surviving; leisure time is a luxury.

The village day starts at round about dawn. In Harumou, we are reminded of the fact that the sun is up when the village bell is rung; a kind of community alarm clock. The bell is an old gas cylinder that is struck vigorously by a length of metal pipe.



The village kitchen with drum oven in centre and a not very successful experimental charcoal evaporative cooler on the left.

Cleaning the morning's catch.



The houses are all made of natural materials — the posts and beams are mangrove; the walls and roof are sago-palm leaf; the floor is betel-nut slats.

The early morning is always a pleasant and unhurried time; no hustle and no bustle, no desperate dashes to catch transport, just wake up gently and prepare for the working day at a leisurely pace. For the village folk, dawn prayers first, and then breakfast. By 8:00 a.m. the working day has begun.

For the women of the village, work usually means gardening. In the subsistence society the success of the garden is crucial to survival, and the failure of a crop can be a very serious matter. The gardens must be tended four or five times a week, and the work ranges from jungle clearing, through planting and maintenance, to harvesting. Each family has a few different areas at stages of growth to ensure constant supply.

The gardens of Harumou are up in the undulating hills behind the swampy coastal plain. It takes an hour or so to reach them. The area has a cycle of use of approximately 20 years. For most of that time, the jungle is allowed to grow and to die and to decay. Gradually, a considerable amount of humus and nutrients build up. Even so, with the extremely high annual rainfall, goodness is quickly leached from the soil. The gardens can be used for only one or two years before the soil is exhausted. In days gone by, clearing was done with the help of sharp stones — a type of chert. These days, the axe and the machete save many hours of hard work.

Once the garden is cleared and weeded, small hillocks are made, into which the yam tubers, potato runners or other seeds will be planted. The only implement used is a sharpened stick. I can assure you, many blisters and aching hours later, that this is an extremely hard way of soil cultivation. Oh, for a spade!

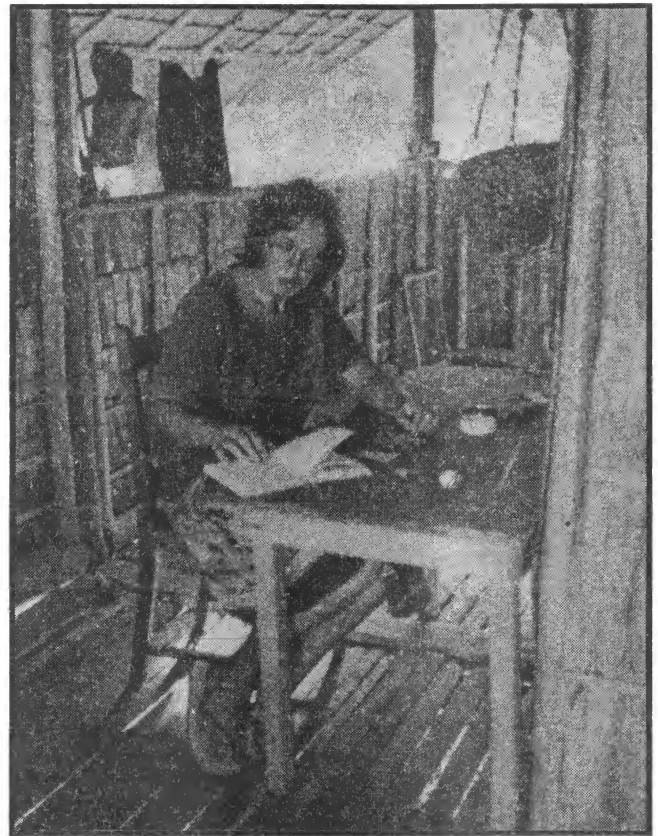
Sweet potatoes and yams are the most important crops, and provide the diet staple. Taro, in its various forms, is a favourite. Other crops are cucumbers, tomatoes, bananas, pineapples, pawpaws, beans, pumpkins. Occasionally, bush limes, mangoes, breadfruit or local apples are in season, but these are rare treats indeed.

The jungle or rainforest supplies nuts at various times of the year. One variety, known here as mali-nuts, is particularly delicious, either fresh or roasted with a little salt. We all look forward to November and mali-nut season.

The gardens are also the place for catching up on the latest gossip. Quite often the women will gather together to enjoy a cigarette and exchange news, maybe bake some corn or potatoes in the fire. It is fun to be part of these groups, laughing and joking, and relaxing after the morning's strenuous labour.

The village men are occasionally involved in garden work, but it is not their main province. They are more likely to be found in the coconut plantations making copra, or perhaps doing some sort of maintenance work in the village. If a new canoe is needed, it is the men who select the tree in the jungle, fell it and hollow out the canoe. Catching the protein is also an important part of their work.

Every few months, each coconut plantation is cleared of undergrowth. The fallen coconuts are collected into piles and are split open. The white flesh is forced out and carried back to the village copra dryer. The fires are kept going for about three days, by which time the copra is dry and ready to be shipped to Honiara. It sounds so easy, but the work is hard and requires special skills. There is not much remuneration



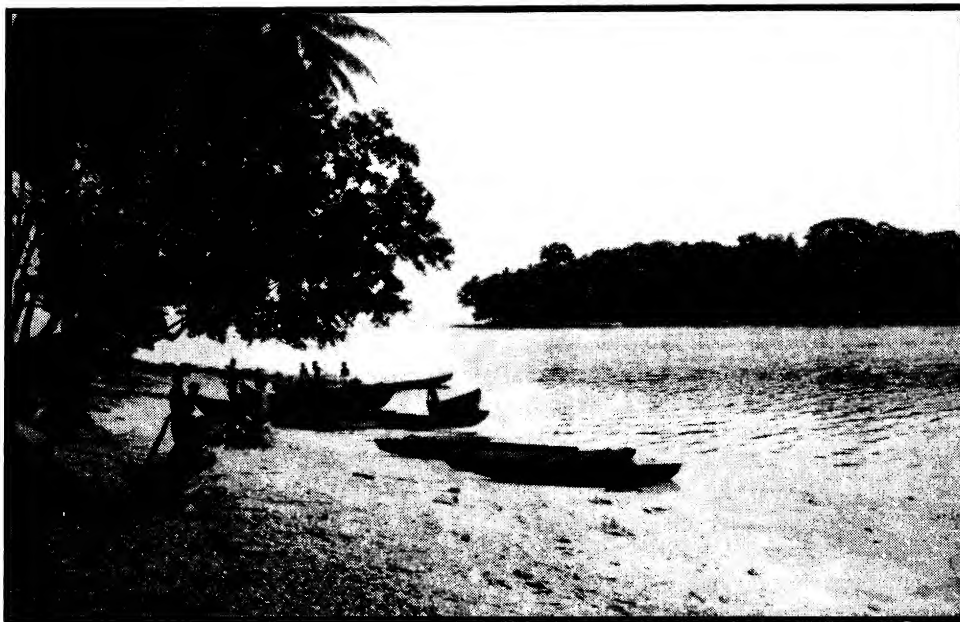
Vicki in her 'office' on the verandah of her house.

for the days of work involved. However, for many villagers, making copra is the only way they have of earning dollars. With the gradual encroachment of Western society, dollars are becoming more and more necessary.

Most housing in the village is done in the traditional style, utilising bush materials. The sago palm leaves, which are used for roofing and walls, make wonderful natural insulation, so the houses are cool inside. Unfortunately the leaf deteriorates fairly rapidly; the roofs have to be replaced every few years. The post and bearers are usually mangrove wood, very durable and long-lasting. The floors are built three feet off the ground and are of betel-nut slats. This allows plenty of ventilation and helps to keep the houses cool in the tropical climate. Initially, it was quite perturbing to be walking on a floor with gaps in it, especially one as springy as betel nut. However, I have become used to that, but I still have to make regular forays under the house to retrieve articles that have dropped down between the slats.

Each house has a number of rooms — as many as the family require for bedrooms. In my case, the house has just one room; bedroom, storage room and sometimes office. But nearly all the houses have large open verandah areas — the Solomon Islands version of the family room, and the place for socialising.

The other important social area is the family kitchen. Kitchens are usually built as separate structures, and there seems to be some sort of activity going on in them always — food preparation, clearing up, or just chatting. Cooking is done on open fires. Charcoal stoves are used occasionally, but many folk feel that the preparation of the charcoal is



Dugout canoes are the most common form of transport.

tedious. There is no shortage of firewood in this area, but it means that kitchens can be unpleasantly smoky at times. People here also make much use of cooking with hot stones — the umu oven. The stones are first heated in a hot fire. The food, wrapped in broad leaves taken from the jungle, is placed on a layer of stones, and more stones are heaped up on top. The flavours of the different ingredients of the bundles merge, and some delicious meals can eventuate.

By late afternoon, the working day is over and people are beginning to drift back into the village. Many people will be carrying bags of produce or great bundles of firewood. Soon smoke will be seen rising from the kitchens as preparation of the evening meal gets under way. In the last light of the day, evening prayers are held. Our village faces west, so at this time of day, we are treated to some spectacular scenes as the sun sets behind neighbouring Guadalcanal — so beautiful sometimes, that we just sit and watch the colours for a while.

Evenings are time for sitting around swapping yarns and discussing the day's events. Occasionally meetings may be called, or an entertainment night organised. Sometimes, one of the local bamboo pipe bands will play, in which case dancing goes on late into the night. But mostly, the village is quiet and sleeping by 10 o'clock. The AVAs, too, prefer to sleep early in anticipation of that clanging bell at dawn the next morning.

The following few paragraphs are taken from a recent letter from Vicki.

The Harumou Library is mainly interested in providing a service for the primary schools in this area. It is normally very hard for the teachers to get any teaching aids or resource materials, and what they do have is so ancient. The three closest schools are not borrowing books, but teachers from the schools further afield have expressed interest in joining too.

Picture books on any topic are useful here. Most of the older folk in the village do not read or write but can learn from photos about other areas of this planet of ours. They are filled with wonder at some things they see in books; and sometimes

there is just total non-comprehension. Railway trains remain a bit of a mystery; many people have never seen any form of land transport than feet. Ballet is a strange custom of us white folk; dancing is not just for entertainment, but is a special part of feasting and festivals. Following fashion is considered most peculiar.

In recent weeks the sea has been so wild that fishing competitions have been cancelled. Even the men are not venturing out. But when conditions are more favourable, the kids will be back on the reef with their lines and hooks. Each piccaninny pays a potato or pineapple or coconut or some such thing to enter the competition. At the end of the day, these 'entry fees' and all the fish are sold to pay for the next batch of prizes. Every successful fisherman receives a prize, though first prize is always something a bit special. Usually we give pens, pencils, fishing line, hooks, exercise books, spoons, breads, balloons; cups, plates, an article of clothing or a toy are used for main prizes. It all depends very much on what we've managed to but or have had donated.

My term as an AVA is drawing to a close, and with much sadness I am making my preparations for departure from Harumou and the Solomon Islands. It has been a great privilege for me to have been able to live for two years in this tiny village and share in its life. I will be very sorry to leave the friends that I have made, though I hope I never lose contact completely.

If you have anything at home you feel could help the people of Harumou like picture books, pens and pencils, beads, balloons, exercise books or fishing gear then the AVA's there would be most appreciative. John Kanai is the Director of the Harumou Peoples' Centre and the leader of the Harumou village and will be maintaining the library in future and co-ordinating the fishing competitions. Anything you decide to send please send care of John at the Harumou Peoples' Centre, Harumou Postal Agency, West Are' Are, South Malaita, Solomon Islands.

Handy Hint

To find the end of a roll of Scotch tape rub some powder around the outside of the roll and the end will be easily visible.

Natural Summer Beauty Tips

Sun, wind, humidity, chlorine, salt (from perspiration and the surf) all seem to threaten our bodies during the sizzling months of summer. Why not try some of these easy tips and you will find the hot months of the year to be a breeze when it comes to your own personal beauty needs.

Summer Hair Protection

To revive shine, body and sleekness removed by sun, wind, and dry heat, blend a whole egg, a tablespoon mayonnaise, two tablespoons olive oil and the juice of half a lemon. Massage into hair, cover with a warm towel and leave for one or more hours. Lying in the sun can produce a hot oil treatment effect, but be careful of cooking the egg into your hair! Shampoo twice with *Marshmallow Shampoo*, rinsing well each time. Squeeze the remaining lemon half into two cups of cool tap water and run through the hair after the final shampoo rinse.

Heat can stimulate oil glands leaving hair oilier than at any other time of year. If you have this problem mix half a cup skim milk with a teaspoon of sea salt and rub it into your scalp. Let it dry thoroughly (about one hour) and then shampoo with *Wild Nettle Shampoo* and rinse well.

Swimming and sunbaking can make even the healthiest hair lose its lustre quickly. Slather the hair ends with *Apricot E Oil* or avocado, coconut or sesame oil. Wrap it in a hot towel, then lie in the sun for your normal length of time. The outer shingles protecting each strand of hair open with the heat letting the nourishing oils penetrate into your hair. Shampoo and rinse as usual when your time in the sun is over.

Salt and chlorine are definitely evil doers to brittle hair. Carry a bottle of mineral water with the juice of half a lemon or two tablespoons of apple cider vinegar added to it. Pour this over your hair when you emerge from the surf or swimming pool.

Perspiration is also a no-no for hair, shrinking the hair shaft and causing salt to collect, and break hair as the water evaporates. So try the bottled mineral water trick above after heavy exercise.

Don't wear a hat that is too tight, especially if your hair is chemically tinted or coloured, because perspiration causes hair to discolour.

Wet hair fresh from the pool or surf can be combed gently but should never be brushed. Dense, sharp bristles can yank your hair out by the roots or cause the wet ends to split. Use a large comb with blunt, widely spaced teeth.

Tinted, bleached or coloured hair should be carefully protected from the sunlight as it can wind up a completely different colour than what you had intended. To prevent this wear a loosely fitting hat or cotton gauze scarf to shield the hair from the elements.

If you wash your hair more than once every three days, lather up just one time instead of the usual two. Excess shampoo can dry the hair and when paired with the sun, this can be a brittle hair making combination. For excessively dry hair try *Almond and Milk Shampoo*. This is a gentle formula which helps repair damaged hair and brings it back to a silky softness and sheen.

Always follow each shampoo with the use of a conditioner such as *Chamomile Conditioner*. Chamomile is a traditional herb to soothe and brighten hair and will help replace essential nutrients that are being constantly depleted by normal summer activities.

Sunburn Relief

Sunburn can be avoided with planning and liberal application of sunscreens. However, if you choose to ignore the warnings then you will no doubt wind up with mild or severe burns. In this case, any of the following suggestions can help but be ready for the 'big peel', for it is almost inevitable that your totally dehydrated skin will shed as the new skin underneath comes to the rescue. We strongly recommend, of course, not to be careless in your exposure to the sun because of the proven long-term risks of skin cancer and premature ageing. Try any of the following.

- Generously dust mild talcum powder or cornstarch over parched areas to soothe and prevent chafing. Pour a bottle of mineral water and vinegar over soon to be red skin to desensitise the area and keep the skin hydrated.
- Rub black tea over the burnt area. The tannic acid in the tea helps kill the pain but will not influence whether you tan or burn.
- Pour two tablespoons of *Apricot E Oil* into warm water (body temperature), soak for ten to twenty minutes, then pat the skin dry with a soft towel. Lightly massage a lavish amount of *Natural Vitamin E Cream* over the burnt area, follow with a good lubricating body lotion such as *Evening Primrose Body Lotion* or a soothing application of oil such as *Apricot Kernel Oil*.
- For mild sunburn rinse the face and body with lukewarm water. Slather refrigerated mayonnaise over the burnt area then lie down for 10 to 20 minutes. Rinse off well. The cool mixture of egg and oil brings instant relief as depleted oils return to the skin and helps build moisture in surface cells.
- For more serious burns, blend one part pure Aloe to two parts mayonnaise and follow the above procedure. (Pure Aloe juice may be available from your health-food store.)
- Vitamin E, when applied in large doses topically, can lower your outside body temperature, reduce pain and work to prevent peeling and blistering. For a particularly bad burn — such as nose or ears — pierce a *vitamin E 500 i.u.* capsule and apply the contents.

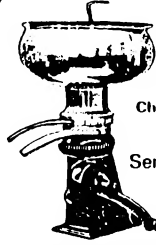
Skin Sense

- Replenish moisture supplies in the facial skin after excessive sessions in the sun by blending one tablespoon of butter with two tablespoons of fresh milk. Gently massage into the skin. Leave this mask on for as long as possible before rinsing with cool water.

- Soap should be used sparingly during hot weather as it can strip protective oils from the skin's surface. Stay away from harsh deodorant soaps or those with heavy fragrances when going into the sun as they can cause permanent skin discoloration. We recommend *Gentle Marshmallow Complexion Soap* be substituted for your ordinary toilet soap.
- Always follow baths and showers with a smoothing moisture building body lotion such as *Evening Primrose Body Lotion*. Massage over slightly damp skin to hold in extra moisture.
- Keep a pumice stone in the bath or shower and rub it regularly over calloused feet to keep them soft, smooth and pretty.
- Dry, rough feet, so obvious in casual summer sandals, can be revitalised by rubbing a tablespoon of mayonnaise into each foot before bedtime. Cover with lightweight cotton socks and rinse off any excess in the morning. Repeat for one week and you will notice a definite improvement in the way your feet feel and look.
- Wet clammy hands can be a problem during the summer months. After washing and drying your hands, lightly sprinkle cornstarch over the palms. Spritzing with *Witch Hazel Toner* works well also.
- To protect hands from wind, sun and salt, use *Calendula Hand Creme*. Your hands will feel as if they have an invisible layer over them yet they will be free of oil or any other slippery sensations.
- Refresh eyes and help reduce dark circles (caused by all those late night summer parties) by placing cooling cucumbers or potatoes fresh from the refrigerator over the eye area for 20 to 30 minutes. The relaxation that this demands will help too.
- If your skin becomes oilier as the thermometer goes higher, squeeze the juice of half a lemon into a cup and a half of water. Put cotton balls saturated with this solution into a plastic bag and you have instant shine control when swimming, during sports or wherever oiliness and perspiration are a problem. You could also try keeping *Witch Hazel Toner* in the fridge during summer time. Splash all over the body or apply with a moistened cotton pad to refresh and cool your skin.
- Oily skin can be refreshed after a long hot day by smoothing a generous portion of chilled plain yoghurt over sun exposed areas; rinse well after 15 to 20 minutes.
- Sunshine may help a particularly blemished skin by stimulating the growth in outer cell layers. The constant shedding helps keep skin pores free of blockages and less vulnerable to infection, although it does thicken and toughen the outer covering of already rough dead cells. To remove dead scaly skin cells, puree half a pawpaw (with the skin but without the seeds) in a blender. Spread generously over the dry scaly areas and let dry for 20 to 30 minutes. Rinse well with a rough sea sponge or loofah. We also recommend you try *Cinnamon Scrub* to gently buff the facial skin surface and remove impurities. Also remember to use *White Ivy Body Scrub* in the summer time. This is a rich deep cleansing exfoliant for use all over the body; it contains jojoba meal and finely ground apricot kernel shells to buff the skin and remove dead cells, plus extracts of white ivy and elder flowers to give the skin sheen.

- Another recipe to remove dead cells is to blend one cup of sea salt with three tablespoons of *Wheatgerm Oil*. Gently massage this mixture over rough surface skin. While dead cells are eased away, essential oils will be added to bring back a glow to lack-lustre complexions.
- To refine and even a splotchy tan, blend the juice of one lemon with a quarter cup of milk to form a paste of medium thickness then spread liberally over tanned areas. Leave for 20 to 30 minutes, then rinse well with cool water.
- Hot water dehydrates the skin taking essential moisture from the body through the relaxed pores. So don't make summer baths and showers too hot and try to limit them to 20 minutes maximum.
- You can cool and refresh heat-worn skin by lightly patting an ice cube over your just applied makeup. The cold moisture sets your makeup to a fresh dewy glow — however, be careful not to use this technique if you have an excessive amount of broken veins in your cheeks.

All the products recommended are made by Blackmores. For further information on the Blackmores way to natural Health and Beauty contact Pamela Allardice, phone: 02-949-3177.



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Ginger Beer Time Again

Ginger beer holds a fascination for GR readers. We published the first recipes as far back as No 1 and from then on they've appeared intermittently in our summer issues. Here we have a fascinating cross section of readers' experiences and several tried and tested recipes thrown in. Other recipes are in Nos 10, p.41; 11, p.4; 17, p.30; 25, p.55; 34, p.73; *The Early Years*, p.19; *Bumper Book*, p.39.

Grow a Ginger Beer Plant

by Bill Dickson, ACT.

Back in the early fifties, obtaining a ginger beer 'plant' was a problem. On occasions everyone had one. then the fad would die out, the plant was thrown away, and the district went 'dry' for a year or two until another plant was introduced. No-one seemed to know how to start one.

Many years later I learned the secret and it is really very simple. Brewer's yeast ferments beer, bakers yeast ferments bread (that is what makes it rise). Neither yeast will interchange with the other and give good results — though at a pinch you can get by using the wrong yeast. However, ginger beer works on a plant comprised of bakers yeast. To start a plant you need a teaspoon of compressed yeast such as one bought from health-food stores. This is placed in a clean jar, the jar almost filled with water and then covered with a clean

cloth. Each day for a week one teaspoon of sugar and one of dry ginger should be added to the jar. At the end of the week the liquid should be drained and thrown away. The plant is divided and half thrown away. The half left is then treated as a proper ginger beer plant and fed and divided in the normal way.

Once you know the elusive secret there is no great necessity to give the plant away each time — unless someone wants one. To be able to start a new plant as required means that you are not dependent upon others also having the plant. Giving the plant away is just a form of insurance — making sure that you can obtain a new one when you need it. I used to throw the excess yeast into the garden. I grew some remarkable sunflowers.

Don't Keep After Ten Days!

by Vena, Gnowangerup, WA.

While on the farm I started a ginger beer plant to make a refreshing drink on a hot day for our casual workers. I tired of trying to give away the other half of the plant, but we didn't have any trouble with the beer until the workers started to dip their mugs in as they went past, before I could bottle it. We gave away making it.

My father made a brew from a sachet shaped like a jelly packet. We all helped but enthusiasm waned when a shelf full of bottles broke and showered Mum who was underneath.

More recently, when living in a cottage we tried again. It

was hot weather and, coming across a good easy recipe for ginger beer, I thought I would make some in cold water. The first batch was good and we enjoyed it. We will never know what happened to the second batch but my husband thought we kept it too long. We gave some away and there were no complaints. The three bottles we kept looked alright but as soon as the tops were loosened the whole lot went, and the last emptied its contents by flying across the caravan and smashing a window. I looked up a little note at the end of the recipe which said 'don't keep after ten days'.

Hints on Ginger Beer Making

by Anne.

A letter by Sandra Cory in GR 48 has prompted me to put pen to paper. Some years back I made ginger beer on a regular basis each summer.

I had one or two bottles explode over a few years and one summer during a cyclone I lost the whole batch. I then realised the occasional explosions were probably due to external pressure changes (as well as the strength of fermentation) and were therefore unavoidable until the bottles had stood the required time and could be refrigerated. (The longer the bottles stand the better the ginger beer.)

Fearing a bottle or more could explode at any time and

possibly cause harm to somebody, I realised I would have to take safety precautions. First I covered the bottles of ginger beer with old long socks, usually doubled over, and then placed them in wooden boxes under our low house. I removed the socks after the required bottles had been in the refrigerator for a short while. I would recommend anyone making ginger beer to follow a similar procedure although these precautions were never put to the test — I haven't had an explosion since. Apple cider is also apt to explode after it has stood for some time.

I make ginger beer by using a ginger beer plant. The recipe

GINGER BEER PLANT

8 sultanas
juice of 2 lemons
1 tsp lemon pulp
4 tsp ground ginger
2 cups cold water

Place all these ingredients in a screw top jar and leave for two or three days. In warm weather the mix should begin to ferment (it will start to look frothy) then each day for one week add two teaspoons ground ginger and four teaspoons sugar to jar. The plant is alive if it froths and actively bubbles soon after each addition. If it remains dormant you will have to start again.

GINGER BEER

Pour four cups boiling water on four cups sugar in a large

plastic bucket. Stir until dissolved and add the juice of four lemons. Strain the ginger beer plant into this through fine muslin (squeeze dry after). Then add 28 cups of cold water. Fill bottles (preferably large beer bottles — *do not* use stubbies), cap or seal securely. Keep for three days before using (beware of explosions).

TO KEEP PLANT ALIVE

Halve residue in muslin. Place half back in jar with two cups of water for one week and then feed with two teaspoons ground ginger and four teaspoons of sugar for one week as before. Discard other half of mix or give to a friend for further production.

Note. The plant improves with age and there is an increase in the slight alcohol content and the tendency for the finished bottles to explode.

Recipes for Easy Ginger Beer

by Robert McKenzie, Karratha, WA.

Old-fashioned strong ginger beer

6 large lemons
80 g (3 oz) bruised ginger
6 cups sugar
¼ cake compressed yeast
18 litres (4 gal) boiling water

Slice the lemons into a large earthenware vessel, removing the seed. Add the ginger, sugar, and boiling water. When the mixture has cooled to lukewarm, add the yeast, first diffused in a little water. Cover the vessel with cheesecloth and let the beer stand 24 hours. Then strain and bottle it. Cork securely, but not so tightly that the bottles would break before the corks would fly out. Keep in a cool place.

Gentle Ginger Beer

115 g (4 oz) white sugar
115 g (4 oz) honey
140 g (5 oz) bruised ginger
¼ egg white
1 tsp lemon essence
lemon juice to taste
20 litres (4½ gal) water

Boil the ginger in 3.5 litres (6 pt) of water for half an hour, then add this to the lemon juice and honey with the remainder of the water. Strain through a cloth. When cold, add the egg white and lemon essence. Let the whole stand for four days before bottling. This quantity will make a hundred bottles.

Honey gives this beer a peculiar softness and, from not having fermented with yeast, it is less violent in its action when opened.

MOORA MOORA FESTIVAL '86

Moora Moora's festivals are gaining a name for themselves for their friendly atmosphere, good music and dancing, and the opportunity to learn new skills and ideas at a community which has been functioning for eleven years.

The festival is held on the last Saturday in February, so we'd love to see you on February 23rd. The theme this year is 'Living with Alternative Technology', prompted not a little by our excitement in our latest project, a 17 kw Darrieus 'egg beater' rotor. This new wind turbine will supply electricity to the community centre, the school and some houses, and is unique in Victoria.

The festival is also the best chance to see the school and our unusual houses, and demonstrations of the building techniques used to create them. Children's activities, good food and great music go on all day, culminating in a bush dance at night. Rick E. Vengeance will be the featured artist. Workshops and demonstrations will be held in other areas

reflecting the interests of Moora Moora members, particularly in the crafts and health.

An unusual feature of the festival is that after you pay at the gate most things are free. Appropriate outside groups are able to sell their wares for a low stall fee, and there is healthy food for sale, but talks, films, demonstrations, tours, workshops and most rides are free.

The nicest thing about the Moora Moora Festival is the atmosphere of people in tune with each other, enjoying a great family day. Many people come back each year to see the changes. Some come to learn, or to participate in activities such as massage or mudbrick making or dancing under the stars. It is now a tradition that we all enjoy ourselves.

If you would like more details, please write to Bob Rich, Moora Moora, Box 214, Healesville 3777, or ring the Community Centre on 059-624-104.

See you at Moora Moora on the 22nd of February.

A HOUSE FOR FREE THAT ANYONE CAN BUILD

by David Hawcroft, Turill, NSW.

Recently a reader in Feedback mildly suggested that too many Grass Roots people were looking for something for nothing. Well this raises an interesting and important point. The fact is that many people have nothing, so they must look for something for nothing. There are nearly four million people in this country living on pensions of some sort — sickness, old age, war, unemployment — which are beneath the poverty line, and that's one quarter of the population. Some of these people have assets, maybe a home, a car, perhaps even a farm. Their situation is not too bad. But many have nothing at all, no assets whatever — no home, no land, no car, no diamonds, rubies or hidden bars of gold. These people are in a desperate situation. They are the most underprivileged people in our society. All fixed costs — car registrations, licence fees, rents — are, of course, a much higher proportion of their incomes than of anyone else's. And they are maligned socially for 'bludging on the government'. As often as not they are maligned by government 'workers' — railways, Telecom, shire and council workers, clerks in government offices, hospital workers — who, in the next breath, boast of how little work they do in their jobs.

These unfortunates — which include a very large proportion of the next generation — cannot amass the deposit to purchase land and property, or even a decent car. And if they could, they would not have sufficient funds to service a loan. So they remain at the bottom of the heap, and are continually punished further by increasing charges, fees, levies and rents. Now it is interesting to note here that 'something for nothing' is the name of the Australian game, the capitalist game. Interest on your investments is something for nothing, part of the 'rich get richer' syndrome. Increasing land and property values are something for nothing, part of the time-honoured capital gains way of 'getting ahead' in this country, or any capitalist country. And these people we are talking about are ready and willing to join in the game — but they don't have the entry fee.

Land in this vast country varies enormously in price. We all know that. Let us make a guess and say it varies between \$50 and \$1000 an acre. On the face of it this looks as though even the poorest could afford to purchase, decently and honourably, their own piece of ground, to avoid the accusation of 'looking for something for nothing'. Yet when you go to purchase an acre of land at \$50, you find it is part of 20,000 acres and it cannot be divided. Go to purchase an acre for \$500 and you find it is part of a parcel of 100 acres — total worth, \$50,000. You are blocked again. Go to purchase at \$1000 an acre and you find yourself looking at maybe 50 acres. And so it goes until we find purchasers paying \$20,000 for a quarter acre home site. Why? Because God so ordained it? Because of some natural physical law? Some immutable law of the universe? No. Because of the state and municipal laws of this nation that support the system.

Profits are made on the purchase of land and property. Everyone knows this. No one purchases a home or a block without immediately upping the price of it in their minds at least. Profits are made on subdivisions of land and the deciding of who is next in line for these profits is a matter of great interest to all because everyone plays the game. There's no use looking for a villain here; we are all villains, because we all play the game. Everyone plays the property value game, and the name of the game is 'To those that have shall be given...' and therefore no-one is going to be keen to see the poor walk onto a place cheaply.

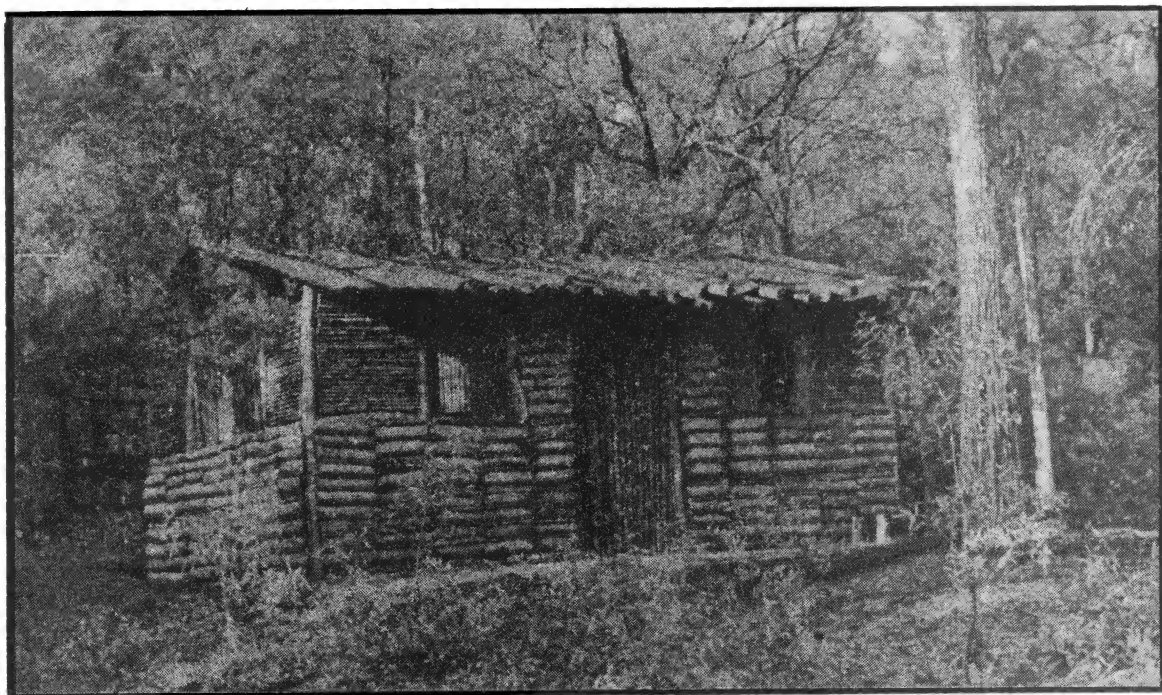
So you'll see real estate developers turn 200 acres into 600 little red-brick cottages and make a billion dollars. Or the local rip-off merchants subdivide and jack the prices up until they're out of your reach and they, too, have made a billion. And meanwhile you are homeless and your friendly local farmer is not permitted to sell you a block, lease you a block, or even let you build or live on his place. You won't be allowed to camp — camping is prohibited nearly everywhere now — but anyone can charge you \$50 or \$60 a week to live in their caravan park.

Everyone plays this game. It is traditional and it is part of the very fabric of this nation. The social pressure to play it is too much for almost anyone. Witness the formerly high-minded and penurious 'hippies' who today offer their blocks at prices of untold thousands.

There's no one to blame. It is the system, our system. Together we stand, divided we fall. And we are, always have been, divided, one against the other. For we are all playing this game and trying to profit from each other. And then we wonder where inflation comes from! And no one will help. Get that straight. Petitioning has gone on to all government departments for years from many people in different quarters. With a stroke of the pen, say, perpetual leases could be allowed — and then your friendly mate with the broad acres could let you buy an acre to live on, and you would really own it. But that won't be allowed because it would have the effect of giving the landowner subdivision entitlement. Which means he's jumped the queue for receiving this favour, creating jealousy and envy, and cries of 'If him, why not me?' But if everyone could do it then land would be freely available and property values would tumble. Now ask yourself, how many people in this nation really want that?

No, the government simply leads with carrots, or red herrings. Like multiple occupancy. This scheme has been devised without any supporting legal structure to guarantee tenure. So that you have a place but are imprisoned there. It is relatively worthless on the market. It is scarcely negotiable (except that there's 'one born every minute') because of the lack of secure tenure.

Legal structures for multiple occupancy can be created but they are openly designed to mitigate against 'profiteering'



for multiple occupancy personnel. And the next thing to happen will be the killing of the First Home Ownership grant. This will effectively prevent the poor from engaging in such schemes, which were supposedly designed for the poor. But they are not fair dinkum in any case. For instance, a pilot scheme is proposed for Nimbin, northern New South Wales, which has possibly the highest land values in rural real estate in the state.

So multiple occupancy becomes the most expensive way of obtaining property, the most fraught with unwanted complications, and the most difficult to make capital, or any other, gains on. And, in any case, it will soon be out of reach of the poor.

Now our black brethren are aware of all this. They've been grass roots and alternative lifestyle from the beginning. They saw our system and didn't think much of it. What we need is tribal land the same as they have. So that each of us has at least the rights of a stone-age New Guinea native. That is, when they marry the tribe builds them a hut, and they have a home, guaranteed, as members of the tribe. Only, of course, their whole concept of property is somewhat different from ours. They don't wait breathlessly for the next hike in property values. But this is not our system.

So, musing on all this, I decided to see what you could do on the dole. I went along a river in New South Wales and set up a camp there and built a cabin. You can build virtually for free, depending upon the materials available in the area you choose. My cabin is built of gumtree poles, pine, wire, a few nails, cement and some plastic sheet.

The idea is to use black plastic sheet as your first roof, while you wait for the money to buy whatever other roofing you want. Corrugated iron, corrugated plastic, tiles, shingles (though I don't recommend them in this country and certainly not with this roof pitch) or whatever. You use a dirt floor until you can afford the cement for concrete. You improve the place as you please. It can be built with what should be freely

available materials, by anyone with no previous building knowledge or experience. I had none and I did it. What I can do anyone can do. The only tools I used were a hammer, a 36-inch bowsaw, chisel, Scotch pattern three-eighths auger bit and brace, pair of pliers, axe and adze. (The adze is not strictly necessary, I used it mainly for making furniture.) Oh, yes you need a shovel too, for digging post holes. Though you can even do without that. I started off with an Aborigine-style digging stick.

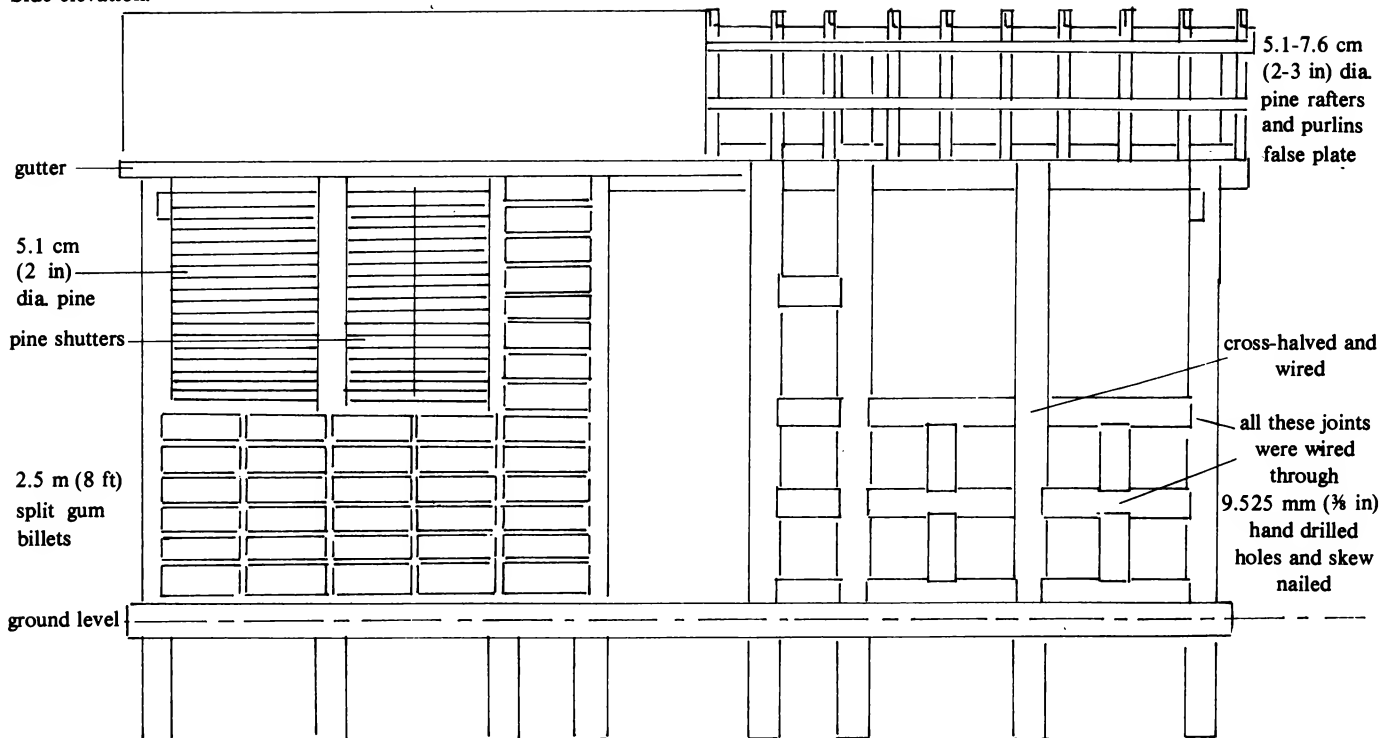
The place will be quite rough, with lots of cracks and chinks in it. How many of them there are depends upon how carefully you build in the first place and how you block these is up to you. You can clad the interior with masonite, plaster board, plywood or whatever takes your fancy. I planned to concrete the little square divisions and then plaster over it and paint on the plaster.

The place, the method of building, allows you to continue with extensions as you see fit without any problem. You'll find if you build as I've drawn that you can shake the place a bit if you try. I like it like that, but if you don't then brace the corners between the uprights and the beam that runs across the top of them.

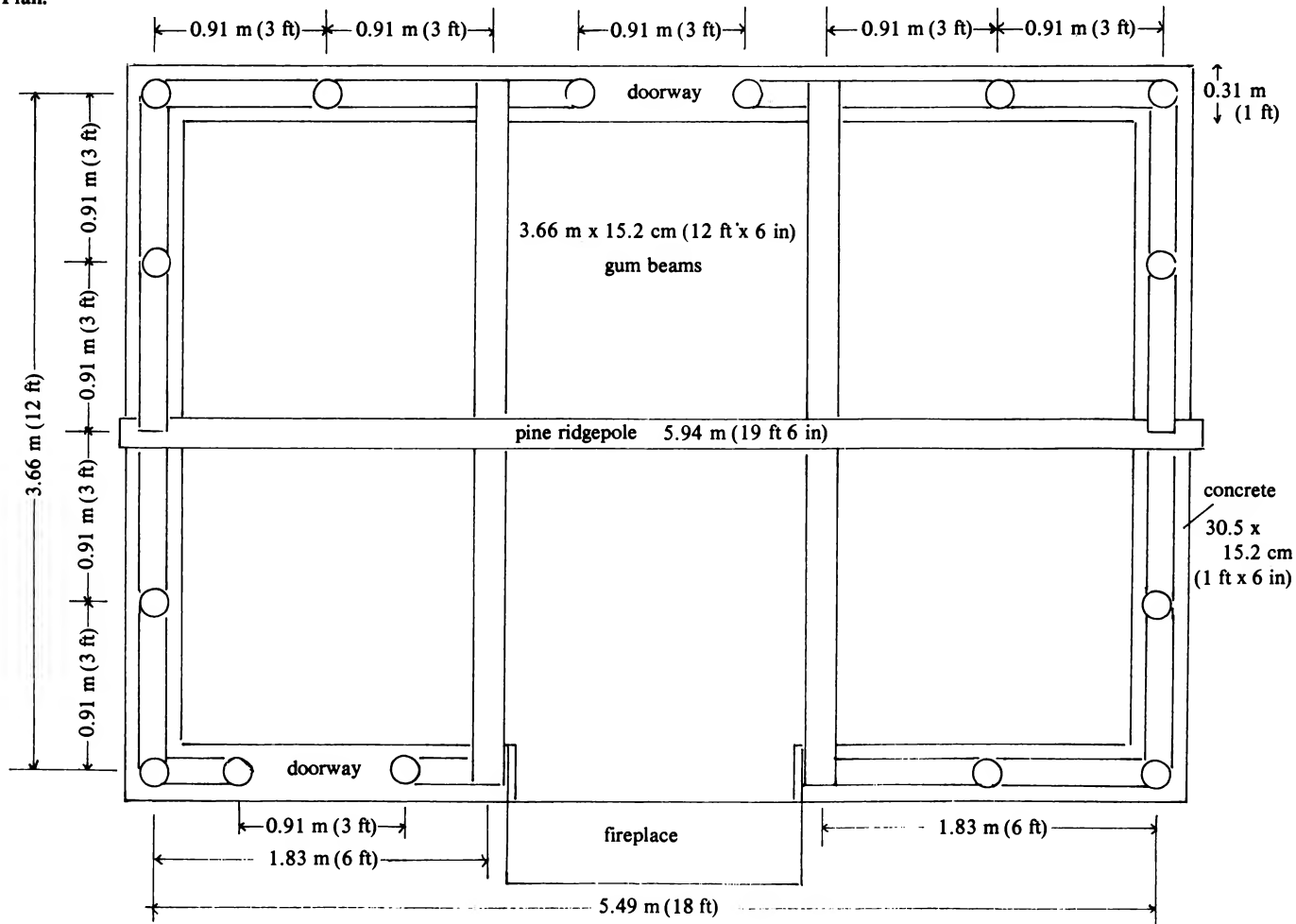
Now, where to build? The New South Wales government steadfastly refuses to supply any information on rights to build on mining leases, or about the fabled 'homesteaders' right or, in fact, anything at all. Understandable, as I said, they are protecting the system.

However, my cabin was illegal, I'm fairly sure. It was either on crown land, being close to the banks of a river, or on private land, and it was not legal for me to build and live there. But, in two years, I wasn't hassled, because I think local shires will turn a blind eye if you are far enough out in the bush, rather than face the inconvenience of finding you accommodation you can afford and will accept. The truth is, of course, that on the dole you simply cannot afford current rents, which is an embarrassment to both you and them.

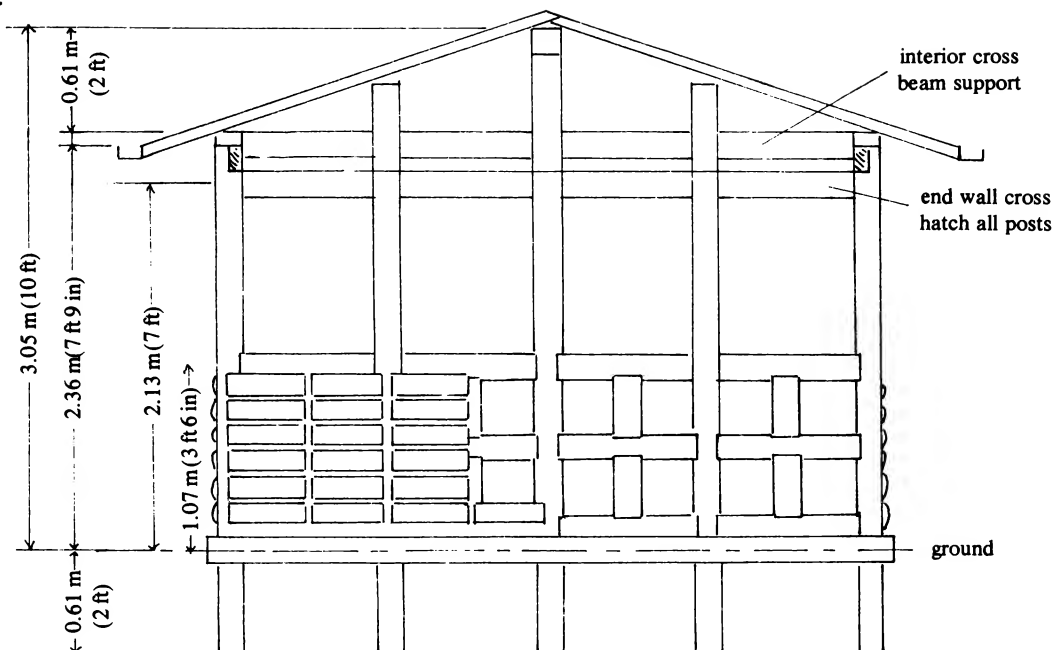
Side elevation.



Plan.



End elevation.



They have the country locked up and a grass roots movement is needed to unlock it. To set free all those penurious thousands in the cities, to make available, especially to the young, the freedom and the beauty of the bush and the sheer human benefit of building your own home on your own block. This nation is dying of paralysis, brought on by over-government, too many originally well-meant rules and regulations, restrictions, prohibitions and, above all, by the crippling effect of this greedy property profit system. People are frightened to leave their secure government jobs, and unions strive to protect their members' jobs even when they are not necessary. The alternative lifestyle movement is an attempt to break through all this, and start some fresh life and blood moving through the nation. This means expansion, putting people back onto the hinterland, occupying it as the first settlers did, and learning the skills and self-sufficiency which

went to making this country great. Instead of being as it is today, the world's most over-governed and urbanised country.

So I suggest, if you're desperate and think you're never going to make it, then do as I did, and become a 'white Aborigine' and move out onto our 'tribal land' and build. You might be evicted in the finish, but you can kick up a fine old stink while it's happening and you can insist upon legal or better accommodation being provided. And you will have learned heaps and thoroughly enjoyed yourself, had many beautiful times in the bush and built something of value.

You'll find many people approve of what you are doing, and will tell you they would like to do it themselves. You can explain to them that you always wanted to do it yourself, and never thought you would be able to until you realised that the only way was to just bloody well go ahead and do it. That way you'll be doing your bit to help set Australia and Australians free.

A NATURAL WAY TO QUIT

All the items listed can be purchased in health-food stores. The following must be taken.

- B-complex (B1, 2, etc., 17 in all). Take one 75-100 mg tablet six times a day. *Do not* take just before sleeping.
 - Extract pantothenic acid. Take 500-mg capsule six times a day.
 - Good multi-mineral tablet, including calcium (not bone meal). Take 2000 mg a day.
 - Raw adrenal (most important). Take six tablets the first day, then 15 each day thereafter.
- After 10 to 15 days, cut each of the above to three tablets a day.

General diet should be high in protein, including six eggs per day, some meat, cheese. (Protein can be reduced after you quit.)

If you have any digestive problems, take digestive enzyme tablets.

This programme is nearly 100 per cent effective for those who really want to quit — very little 'withdrawal' symptoms.

This programme was developed by Ken Anderson, health consultant, and has also been quite successful in ending dependency on drugs such as barbituates. Printed and distributed by America's Promise Radio, PO Box 5334, Phoenix, Arizona 85010.

PIGGING ON

by Virginia Berry, Dun's Creek, NSW.

'Pigs Might Fly!' is a statement we often hear. Although we know pigs will never fly, they certainly cause our spirits to fly. After having raised pigs for two years I thought I would give the readers the benefit of my experience.

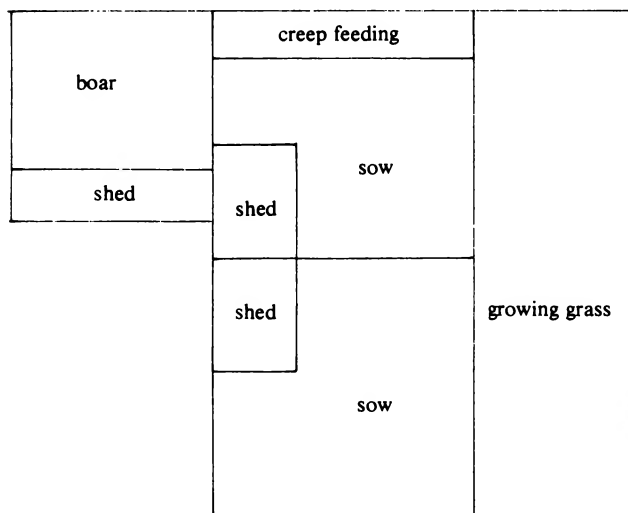
My first pig was a Landrace boar which was purchased with the intention of slaughtering for Christmas ham and pork. But his life was granted an extension and we purchased two Large White Landrace cross gilts who shared his yard and food. The three of them grew well and as soon as the two sows were considered 'in pig', it was lights out for the boar. The following article is about how we look after our pigs.

Yarding

One of the particulars we gave great thought to was how to build the pen, what sort of wire to use and, last of all, where to locate it.

We built the pig yard away from the house to avoid any odour. We used pig wire to build the yard and also connected a piece of electric wire close to the ground in case they ever tried to burrow under the pig wire. The yard is a quarter of an acre and at one stage contained an assortment of shrubs, trees and logs. The pigs thought it was great to have a huge lantana bush to uproot; they move dead logs around the pen and, in general, they have a ball.

The yard is divided into five sections.

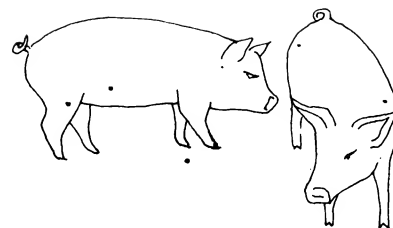


The creep-feeding pen is for when the piglets begin to eat solid food. This pen is necessary so the sows don't eat their food.

The boar pen is for the young boars we raise. This too is necessary so the sows don't attack the growing boar.

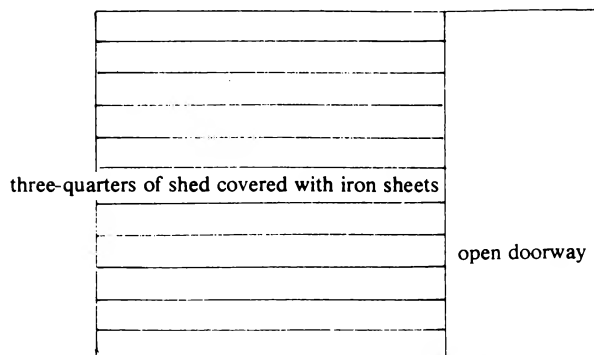
There are two separate pens for the sows after they have their litters, as they tend to fight over the piglets.

We have a patch of grass, surrounded by electric wires, for the pigs to eat. They have some of this grass each morning.



Sheds

There are three sheds in the pen which are made from tin. They are only small sheds, but are very suitable. We lined the sheds with fresh straw, and wooden pallets have been installed for the pigs to sleep on during wet weather. Each pig has its own shed which it loves to be in.



Diet

There are many ways that pigs can gain proper nutrition without the owner having to go to a great deal of expense. We raise our pigs on fresh cows milk, cracked barley, cracked corn and food scraps (apple cores, banana skins). The cracked barley and corn are soaked overnight in boiling water to soften them slightly. We give the pigs grass each morning which they enjoy, plus comfrey, green oats, sorghum, depending on the time of year and conditions.

Water

We have a few large iron cauldrons filled with water in the pen for the large pigs. Once the piglets start drinking water we make special troughs for them. Our method is to cut a tyre in half, which makes a handy receptacle for the piglets to drink from. (We also use tyres to feed the piglets from.)

Worming

As important as it is to feed pigs, it is also just as necessary to worm them. We worm our pigs every eight weeks using various types of worming powder mixed in with their food.

Breeding

A sow of 7-8 months old comes in season every three weeks for three days. The boar is turned out with the sow in season whom he serves several times. He is returned to his pen and if the sows don't come in season three weeks later, they are considered to be 'in pig' and the boar is slaughtered. We then begin to raise another young boar for the next mating in about 5-6 months time. Three months, three weeks, three days after the service, the sows begin to farrow (9-13 piglets each) in their own separate areas. We keep the piglets' bedding of straw fresh and and we feed the sows extra grain as the piglets grow. The sows come into season just after weaning and the process begins once again.



We spend as much time as possible with the piglets so they become quiet and friendly.

Raising Piglets

Once the piglets are at least three weeks of age, they begin to eat solid food, and we feed them a mixture of pollard and milk. This food is put in the creep-feed area so the sows can't reach it. We mix the pollard with milk because it helps the piglets grow quickly and it also fattens them. If the pollard is not eaten all at once, the piglets return later to finish it. We try to spend as much time as possible with them so they become friendly.

Our first litter of piglets were slow to sell but we sold them all eventually. Our piglets are ready to be marketed when they're at least six weeks of age. We often have advanced orders for the piglets (sometimes even before they're born) from people all over the district. If the piglets are not on order we take them to the saleyards.

Slaughtering

We don't kill pigs under the age of two months. We usually kill our boars at 5-7 months old; by this time they are just right to eat. Our method of killing is to shoot them and then cut their jugular vein to release the blood from the body while the heart

is still pumping quickly. After the carcass has ceased thrashing around, we place it in a bathtub which has been filled with five gallons of cold water, and ten gallons of boiling water. This is to scald the skin for easy removal. We keep the carcass moving in the bathtub to ensure an even scald. It is ready to remove from the water once the hair commences to slip. We lift the carcass onto a clean plastic sheet and pluck and pull the hair off. Any stubborn hairs are shaven off with a razor sharp knife.

Next we hang the pig by its hind legs, from the rafters of our shed, for easy removal of the intestines and head and to halve the body. We hang the halves of the body in our cellar, where it is cool and free from flies, until the meat sets firmly for cutting up into pork or for curing, a day or two after killing.

People sometimes comment that boar meat has a rank or strong flavour. This could be true of an old boar but is not the case with younger ones. Sows we have raised for slaughter, when eaten taste no different from boars. We have noticed that all male pigs (barrows) sold at our local saleyards are not castrated. Piggeries around this area do not castrate their boars anymore. Aged boars are sold for small goods. Their rank flavour is due to saliva secretions which pass throughout the boars' body at mating and would be distinctly noticeable in the meat from a boar who had constantly sired litters for many years.



Put pig in boiling water



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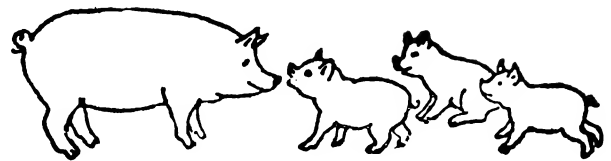
THIS LITTLE PIG . . .

by Miss Piggy.

One of the most delightful and practical ways of becoming acquainted with pigs is to obtain a baby piglet and raise it to adolescence, if not to adulthood. This way you will quickly find out if you have the interest and time to keep this species of animal but at the same time be able to familiarise yourself with their basic needs at a more leisurely pace. Piglets, like all young animals, require much initial care so you will need to work out in advance such practicalities as who will be around to provide demand feeding, monitor the heat source (adequate warmth is a must), and generally keep an eye on the piglet's health and growth. The prime consideration when deciding to raise a piglet is whether you will be able to provide the standard of care and nutrition it would normally receive with the mother or in the piggery. If the answer is yes then go ahead and obtain your little one, you will have many hours of fun and broken sleep ahead of you!

Pigs are not commonplace animals so you may need to hunt around to find a commercial piggery or a local farmer who breeds one or two litters a year. Some piggeries are happy to give runts away or to sell young piglets but others are loath to have truck with such dealings, probably because they invariably become inundated with requests and a situation develops that is irritating and time consuming for them. If you are buying a piglet to raise as a pet you should look for one around ten days old. By that age their feeding habits will be established and they will be strong enough to cope with the changes involved. If they're older and on the sow they may not take to drinking from a bottle because the teats are very different, so you could anticipate teaching them to drink from a saucer. Piglets younger than ten days are more difficult to rear. It's essential to check that they've had a fair suckle from the sow; if they haven't had the colostrum from the first milk they're not likely to survive as there appears to be no successful substitute for it. Teaching this age group to drink is no mean feat — it requires patience, perseverance and a rich vocabulary. Some people start tiny piglets off on a finger from a rubber glove, going on then to a well-worn lambs' teat. If they absolutely refuse to suck you will be able to get them drinking from a saucer eventually. One little piglet a friend had didn't start drinking for twenty-four hours, but as it was two weeks old it was less critical than it would have been at an earlier age. Generally, the older the piglet the more difficult it will be to start drinking from a bottle and even a saucer. Piglets are stubborn and smart and seem to know they've been cheated from their natural maternal relationship.

If you're keen to buy a piglet and raise it for the table it is probably wiser to bypass the early nurturing stint (no one is going to want to eat the 'baby') and pick one up at about eight weeks old when it has been weaned. It can still become a friendly pet but without the emotional dependence, and all it will require is a yard with a warm, dry bed of straw, water and feed. It can be fed home-made mash, milk, pig pellets, kitchen refuse or whatever. At this age they require a minimum outlay of time. If you just have one pig it will become quiet and



personalised so if you want to avoid this you may need to consider buying and raising several together.

Piglets under two weeks of age are fed weakened milk — it should look almost blue — and the strength will vary depending on whether it is homogenised or fresh cows milk. If it is too rich it will start the piglet scouring. Add to this weakened milk a pinch of salt and about half a teaspoon of sugar, to make it more similar in composition to the sows milk. Feed the piglet on demand, giving lots of little feeds regularly. This is particularly important during the first week as gutting has a definite correlation with scouring. It's a good idea to add Pentavite drops to the milk when the piglet is very young, and then perhaps a vitamin A and D supplement in the solid food. Don't rush to eliminate milk from the diet as it is an important source of calcium. As they become a little older offer bread and milk, cereal and milk slops made into a milking mix, finally building up to solid food like bran, pollard and meatmeal mash or specialised pig pellets. If the piglet is not able to graze, offer lettuce or spinach leaves and ensure it has plenty of fresh water available.

The two problems you may encounter with your young piglet are scours and colds. Scouring is the main killer of piglets and can be caused by overfeeding or through a germ picked up randomly and which develops into this condition during the stressful first few days of settling in. Eliminate milk from the diet at the first sign of scouring and replace with an electrolyte mix (*Vytrate is very good) for a day and then slowly start reintroducing milk if the system shows signs of firming up. If there is still evidence of scouring it may be wise to add a diarrhoea powder to the electrolyte mix (the old-fashioned remedy was to add plain flour). Be watchful of dehydration and reintroduce the regular formula as soon as practical. Piglets are also susceptible to colds and sniffy noses. If they become chilled they will quickly develop cold-like symptoms. If they're kept warm and a little vitamin A and D is added to their milk they will usually throw it off by themselves, however, they need careful watching to see it doesn't develop into pneumonia. If the latter is suspected visit the vet immediately for treatment.

Of course there is more to piglet nurturing but the above information together with a little common sense should help you through that demanding early period. Maybe other more experienced pig keepers could share their methods and remedies with us all.

*Vytrate calf and pig scour mixture made by McLaren Laboratories, 30 Frankston Rd, Dandenong 3175.

by Shirley Scaysbrook, Kundabung, NSW.

Oh, I fight back. I'm very handy with the flyswat and squash mozzies, flies, both house and March, and any other creepy without compunction. I drown millions of fleas when I bath the dog, ruthlessly stamp on cockroaches and even heartlessly wreck spider's homes when they build them

I could write more but silverfish have eaten most of my paper. Besides I have to go and pick grubs off the corn, deflea my dog and offer my body to all the insects waiting outside to bite me.

GRASS 29 ROOTS

MIGRAINE

by Iriss Quigley, Chillingham, NSW.

Many are the chapters, books, articles and lectures on migraine. I recently read Kate Fearnall's letter (GR 46) and thought this a subject on which I may be regarded as a suffering expert.

I have had migraine all my life. I remember at five years of age I hid behind the school children in front of me because my head ached badly. The pain became worse when I continued to say 'twice two are four, twice three are six'; even listening to the noise of the class all speaking together at 'tables' made me ill. The observant teacher said 'Iriss, you are hiding behind the others, and not saying your tables'; I was forced to stand up and repeat the whole thing. When we went outside I was sick.

I am 77 now and still suffer from migraine about once a year, but sometimes not even that often. The 'change of life' did nothing except to give me bigger and better headaches. I did have fewer as the years progressed but at no time was I ever free of them. I would wake on certain mornings and know *that* day would bring one of the attacks. I would lie down with hot-water bottles on my head — sometimes the pain was so great that I couldn't lie down, but had to stumble about the room holding the hot-water bottles to each side of my head.

Many were the remedies tried; 70 odd years gives everyone a professional chance to try out the latest treatment. Early in life I was taken by my father to the Mayo Clinic, New York. Later, I went to professionals of many kinds, in different places and countries. A Chinese herbalist in Peking did the most for me over the years; he gave me herbs and also told me that I should change my climate at intervals — mountains six months, ocean six months, desert or elsewhere six months. This was not difficult to achieve because I travelled about with my father for some years. But marriage, children and home life didn't fit in with that scheme. During pregnancy I was almost completely free of attacks, but they came with renewed force after the birth of each child. The climate change did improve my condition, but did not free me of the attacks. Nor did the Chinese herbs, although I had the most relief from these two prescriptions.

At one time I had injections of vitamin B during an attack. This did help wonderfully with the dreadful after-effects; there was much less dreariness and lethargy, and I recovered more quickly. Another time I was placed on a pawpaw diet for a year, but because I ate other foods as well, this didn't work. It might have, in hindsight, if I had known more about other foods. Psychologists couldn't unearth anything which might have any bearing, but they tried hard. An allergy specialist checked and found I was allergic to tomatoes and lamb. I still have a slight allergy to tomatoes and I don't eat meat at all, but at that time I eliminated both these foods entirely, with no noticeable effect.

About 27 years back I was introduced to ergot in different forms, finally as an injection. This did eliminate the agonising head pain and thus caused the attack to cease, but recovering from the drug took several days of a lethargic, zombie-like

state. At the time I was attending conferences, meetings, and researching. I would leave conferences for 15 minutes whilst I jabbed a needle into my thigh. If at home, I had one of the children inject into my arm above the elbow. I must add that I would be violently opposed to any such treatment now. I did find that aspirin and other pain killers only increased the nausea, and it is years since I've taken a drug of any kind.

It really does not help to read that 'migraine sufferers are usually highly intelligent people' — if that is so. I would rather have been dumb all round! There was at one time great perturbation in the British parliament when discussion arose in the House of Lords about health, and one illustrious member (who had never suffered any headaches) said that 'migraine was merely the prerogative of hysterical French women'. His peers instantly came forward with evidence of migraine amongst themselves, who were neither French nor female.

Recently I read about the relationship of the endocrine glands to migraine, and I think there is some germ of truth in this. It is also known (and I know this from experience) that stress of almost any kind can bring on an attack. Similarly, the 'vapours' of Victorian ladies were probably related to migraine. An onslaught of emotion, happy or the reverse, could bring on an attack for me; I did not dare to lose my temper, nor could I dare to be deliriously happy. I paid the price either way. Menstruation was nearly always accompanied by an attack. Many 'new' drugs, including Benadryl, were tried as the years passed. Doctors would hand me a few tablets obtained from some drug company as a new cure and I would be the suffering guinea pig once more.

How did I reach the state of having just one attack about once a year at most? Commencing a vegetarian diet (not a strict diet, as I follow now) helped quite a bit. Everything seemed to help a little, but nothing cured — diets (restricted or elaborate), injections of various potions, change of climate, ocean bathing, mountain holidays, control of stress (a most difficult thing), and so on. In fees and experiments I must be worth millions. 'Acquiring' cancer was the turning point, not because of the cancer, but because of the diet and regime I undertook at that time. There was something in that diet which, in a few months, eliminated migraine almost completely (except the 'once a year', and I consider this due to some kind of stress). As the months of natural cancer treatment went by, the migraine disappeared. Since I have no qualifications to diagnose just what caused the dramatic improvement, I don't know if any particular foods were responsible, but my diet was almost entirely of alkaline foods. I did not take drugs of any kind, or any other treatment. Trying to cure cancer naturally is not an easy task — one meets with little encouragement from professionals or from dire-predictive friends. Sometimes there is even ridicule (open or disguised). But I could not say that I was unhappy at that time; I believed in what I was doing.

The diet was basically vegetarian, alkaline inclined, but also consisted of all those foods which contain ascorbic acids — mango, strawberry, grape, apple, pawpaw, pineapple — and all *mature* vegetables, especially carrot and beetroot (the latter two juiced; I drank at least 1.2 litres (2 pt) of carrot juice daily). Other foods included in the diet were all raw salad vegetables, with emphasis on the yellow ones (carrots, pumpkin), potatoes, kefir (a form of yoghurt), sometimes yolks of farm eggs, buckwheat and millet (no other cereals), almonds and brazil nuts, some brown rice, and a clear broth made from potatoes, carrots, and other available vegetables. The food was mostly raw. I had no processed or packaged foods of any kind, and no meat, fish or poultry. With the exception of herb teas (red clover, chaparral, peppermint and lemon grass are best) I had no other tea, coffee or manufactured drinks, and no chlorinated water.

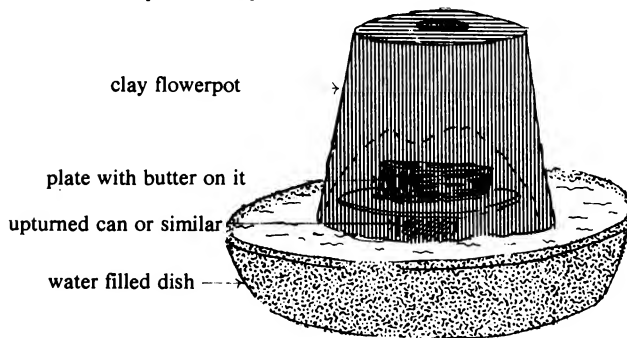
That's only a brief outline. I did completely eliminate tomatoes at that time, but now I can tolerate a moderate amount raw. Cooked tomatoes appear to suit me better, and I can eat plenty that way. (The ascorbic regime was particularly directed to break down the barrier which any cancer sets up between itself and the body, thus preventing the body from sending in its 'cell army' to deal with the foreign body.)

I had my last migraine about 18 months ago when I was badly chewed by leeches, to which it seems I am violently allergic. Since then I've not frequented leech country. It's a stress which I cannot afford.

It is known that migraine folk are allergic (usually) to chocolate, alcohol (especially red wines), fatty foods, rich foods, excessive butter (I do use butter now), oils, margarine, raw tomatoes (too many) *and* stress. All migraine sufferers have my deepest sympathy, but don't expect anyone orthodox to agree with the above — 'it's all rubbish' is the common answer to any regime which dismisses drugs. But here I am, in the doubtful age group physically (perhaps mentally too), but in spite of over seventy years of torture I am now free of migraine.

Summing up, I would say that an alkaline-based diet and control of emotions (yoga, meditation, or mind control) would be of considerable assistance to any migraine sufferer. As an added thought I also believe that the spine has a tremendous effect on our organs, nervous system, blood supply, endocrine and other glands (in fact on all of our body, brain included). Naturally if a vertebrae and its surrounds are out of position, pressing perhaps (however lightly) on a nerve or tissue, the effect is to lessen the correct operation of some part of the body. I have been fortunate to have had highly skilled spinal adjustment during the last year, with extremely noticeable benefits to body and mind. I wish I had known of it in the years of suffering.

Flowerpot Evaporator



An evaporative cooler suitable for small items like butter, milk, cooked food and so on can be made easily using an inexpensive clay plant pot bought in a chain store.

Fill a deep dish with water and in the middle put an upturned empty tin, a piece of brick or wood and put the plate holding the food on top of this to keep it out of the water, then put the upturned flowerpot (previously soaked in water) over it so it sits in the water. Then over this, put a piece of wet, loosely woven cloth with a hole in the top of it to match the one in the pot, so its edges dip into the water. The water soaks up into the cloth and evaporates thereby cooling the pot and its contents. Top up the water in the dish when needed.

M. Dixon.

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ACHIEVING OUR DREAM — ‘REEF KNOT’

(How we built our 12-metre yacht on a shoestring)

by Jose Robinson, Wild Cattle Island, Qld.

For most people the search for their dream yacht begins with magazines and press articles, boat shows, brochures and advertisements, or simply taking a Sunday drive around the near and far marinas to gaze longingly at other people's yachts moored or at anchor. Of course there are always the armchair sailors who never get any further than talking about it. Sure, my man is a dreamer too, but he is also a doer and a man of action.

It was less than two years ago when the serious rumblings first began. Then the boat magazines started to appear thick and fast. First on the coffee table, then the breakfast table, and finally heaps of them beside the bed. Yes! He was taking boat books to bed *as well as me!*

I'll gloss over the traumas of the next couple of months, until the momentous day of the arrival (by barge) of the beginnings of our yacht. What we had actually bought was a partially constructed 12-metre (40 ft) steel hull, with a skeleton of a cabin framework, and rolls and rolls of plans. It was a professional design, and had been started by another enthusiast who unfortunately (fortunately for us) had run out of funds early in the piece. We settled for steel, mainly for its strength, but also for its reasonable cost.

It was certainly nowhere near the floating stage, and at a glance, I envisaged the next few years of my husband's life were going to be spent in the company of this new woman, building and moulding her to fit his dreams.

Confined firmly in her hardwood corset, she was duly lifted by barge-crane and swung over to shore, to come to rest ever so gently (with no bruises evident) on the beach just above the high tide mark in front of our home. Living on an island does have its advantages!

Now the real fun was about to begin. Also the real test of our patience, our marriage, our finances, our everything! This new addition to the family was to become a bottomless pit as far as gobbling up money was concerned. Our already strained finances were to become even more strained. Over the months that followed, as the yacht began to take shape, Himself now answered to the title of 'Chief Boat Builder Extraordinaire', and me his one and only assistant, went under the insignificant title of TA or in other words, general rouseabout, fetcher and carrier. But through it all the project became a labour of love for both of us.

We've owned several boats of all shapes and sizes, but they've always been second-hand. Don had built small plywood dinghies many years ago, but this mammoth venture was something entirely new and a great challenge — especially to us, living as we do on an island. We can't just hop in a car and drive into town at a moment's notice for timber and building supplies. We have to consult the tide book first any time we wish to leave the island. Time and time again we were to become frustrated by the unavailability of parts from Gladstone, and had to compromise or simply wait and wait and wait.

My first trip up the 3.5 m (12 ft) high ladder to view the cavernous insides of the bare steel hull was rather terrifying. It seemed so high up and there was nothing to grip onto. However, I eventually managed to lower myself down inside the hull to the bilge, by means of gripping with fingers and toes onto the exposed steel ribs inside the hull. At this stage, I found it hard to imagine how I could be of any help when I was so clumsy and so scared of climbing up and down. However, that all passed, and it was only a matter of a few weeks before I thought nothing of going up and down, holding on with only one hand while the other hand grappled with lengths of timber or tools to be passed onto 'Captain Bligh'.

DECK

The first job was the 20 mm ($\frac{3}{4}$ in) marine plywood deck, which he sealed with cloth and epoxy resin.

CABINS

It was important to get the above-deck cabin tops completed to a stage where they were weatherproof before carrying on with flooring or anything else down below. This was done with 20 mm ($\frac{3}{4}$ in) marine ply, and then windows were cut and fitted. We used tinted plastic sheeting for the windows, and cut them with a jigsaw using a very fine blade. They were then fixed on a bed of silicon with Monel screws.

INTERNAL FITTINGS

After establishing the floor levels, we found the best method here was to finish one cabin as much as possible before starting on the next. This way we felt a sense of progress. Before lining was fitted, we had to decide on electrical wiring requirements for lights, radios, television and so on, and consider if 240 volt would also be an advantage. All wiring needs to have earth return; in other words, double wire to every fitting from the power source. This needs to be done to eliminate stray current to the hull which can cause electrolysis from each current. We decided to install 240 volt as well as 12 volt, because when moored in marinas in various places it is then possible to plug into shore power and thus save batteries. Twelve volt fluorescent tubes are great but sometimes interfere with radios, so we installed some of each type.

INTERIOR LININGS

We found industrial ply is satisfactory internally, and much cheaper than marine ply. Please don't ever consider chipboard as a substitute for this purpose. Be scrupulously sure that all nails and screws are brass or Monel. Rusty stains develop quickly from steel fastenings. The same applies to hinges and cupboard fittings. We endeavoured to save on expense whenever a satisfactory substitute for certain items was available, but never to a degree where safety or the ship's welfare was at stake. We cut down expense on things like cupboard catches, where we found that a 35 mm (1 $\frac{1}{2}$ in) hole cut in each cupboard made a good door knob and gives ventilation as well. Good ventilation is essential on a boat.

GAS INSTALLATION

Great care should be taken with LP gas on a boat, because it is heavier than air and can fill the boat like a bucket if a leak develops. Fortunately it does give off a strong smell if leaks do occur. We built a storage section on the aft deck which holds two 12 kilo (30 lb) gas bottles, and the top cover doubles as a deck seat or table. The pipeline to the galley we made easily accessible so a regular check can be made. Also for safety purposes we installed a tap in the line at the rear of the stove. The stove we purchased second-hand, but having had little use a clean up made it look like new. It has two burners on top, plus a griller and oven.

WATER

The water-carrying capacity on a cruising boat is of great importance. Apart from drinking and cooking requirements, a considerable quantity is needed for washing clothes, dishes and bodies (in that order, if you are running short). The construction material of water tanks is also important, as some materials taint the water, making it repulsive for drinking. We had a plumber construct for us two galvanised tanks with 500 litre (110 gal.) capacity. These he fitted with baffles. There is no foreign taste from galvanised tanks.

TOILET (or 'head' in boating jargon)

We fitted a pump type which works on syphon for water flush. Two cocks are fitted to hull inlets for salt water flush.

PUMPS

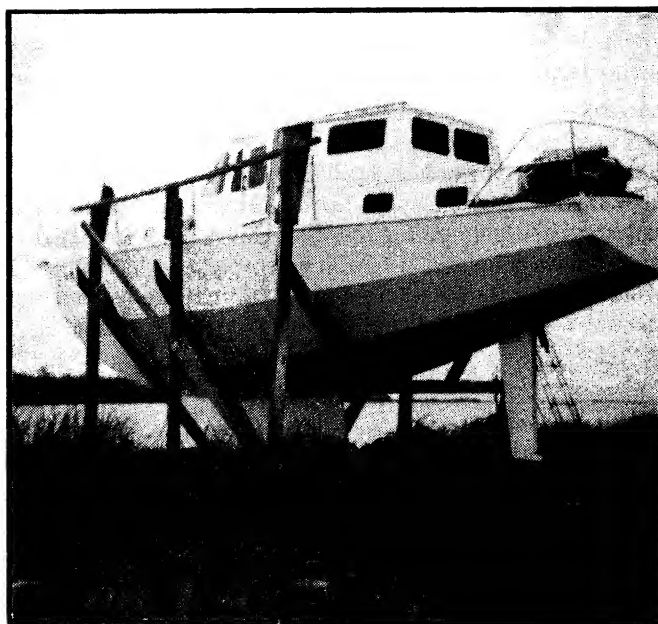
All pumps are hand pumps except the shower, which is an in-line 12-volt pump.

GALLEY FIXTURES

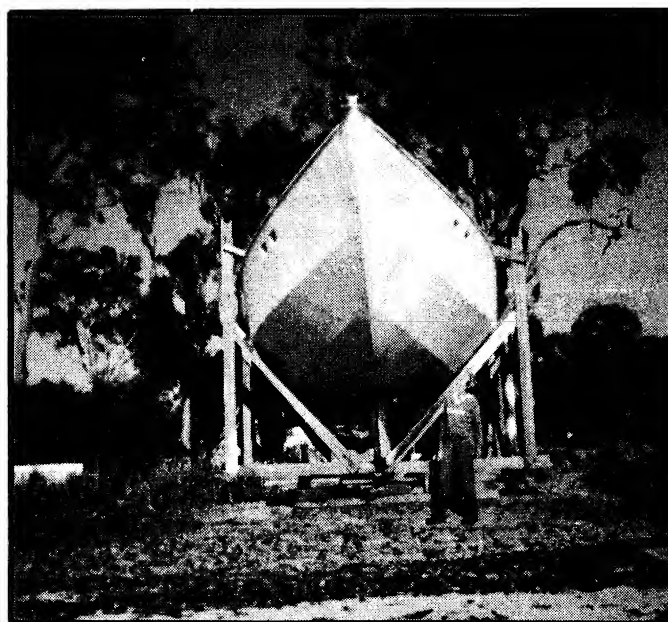
For all plates, glasses and cups, we fitted specially shaped fixtures designed to stop them moving around at sea. We designed these shapes to fit the crockery which we purchased for the boat.

ENGINE

This was our biggest single expense, apart from the initial cost of the bare hull. We bandied about with the idea of a used tractor or truck diesel modified to suit marine requirements, but tossed that idea away, even though there is not much 'Himself' can't fix when it comes to engines. Again we gave safety top priority, and bought a new 32 hp four cylinder diesel. We have since found it consumes only two litres of diesel per hour at moderate revs, and has proved to be very reliable and economical. We did have a few tense moments when we were actually installing the engine. Having purchased it and struggled with the monster transporting it to the island, Don then had to work out how we were going to lift this heavy 300 kg (660 lb) creature onto the boat. However, not to be beaten at this stage, Himself set about constructing a gantry out of heavy-duty water pipe, braced back with galvanised wire stays. We set up a ratchet purchase (the type of ratchet used for pulling vehicles out of bogs). With me visibly shaking in my sandshoes (in case anything went wrong and snapped) together we manhandled and 'womanhandled' this monster up the sides of the hull, across the deck, and down through the wheelhouse hatch. It came to rest spot on in the position made ready for it below the floor of the wheelhouse, in the engine room. Whew!



The yacht beginning to take shape. It had been started by another enthusiast who had run out of funds.



Front view showing the hardwood support frame. Jose is pictured bottom right, looking up at the yacht.

BATTERIES

We bought three batteries of 86 amp hours, fitted with isolation switch for two banks of batteries.

REFRIGERATION

Small 12 volt compressor type, fitted to home-made top-opening chest. Two compartments: one freezer, one fridge. The draw is 2.2 amps average. This requires up to two hours of engine running per day, assisted by 40 watt solar cell, thus cutting back some on engine running.

SOLAR POWER

We use a 40-watt solar cell panel at home on the generating system, so this doubles for use on the yacht. It is easily

movable so we set up two brackets on the roof of the cabin similar to the setup we have at home on the tool shed, so it's just a matter of transferring it when we use the boat.

BALLAST

We used steel punchings set in cement, plus a quantity of lead. The punchings are cheap, and sometimes even free from steel manufacturers. Lead is very expensive. To install the ballast, we used our home-made gantry for alternative buckets of punchings and cement. We weighed a half bucket of each, and as we worked kept a tally of what went in, and in that way we came up with the required total ballast needed for our particular yacht's design (3 tonne).

ANODES

Steel hulls need protection from electrolysis. This is electrical current which develops in salt water on any exposed metal. Never join dissimilar metals. Zinc anodes which are sacrificial must be fitted to the underside of the hull, possibly either side of the keel, propeller, shaft and rudder.

PAINTING

Interior walls we enamelled white, with exposed mouldings and trim stained and varnished to give a yacht-like finish. The external hull being steel, was zinc-sprayed after sandblasting, then painted with two-pot epoxy, then dark blue anti-fouling below the waterline and white enamel above. All decks we enamelled over two-pot epoxy undercoat and a non-slip sand on final coat.

ANCHORS

At least two anchors are required. One with chain of 50 m (165 ft). CQR anchors seem to be the most popular. We filled the tip of the anchor with liquid lead. This enhances digging in.

ANCHOR WINCH

We fitted a capstan-type electric winch, as this was half the price of an electric winch with a gypsy. To adapt the capstan for use with chain, we fastened four brass ribs. This has proven to be most satisfactory.

STEERING

We chose hydraulic steering. There are many good brands on the market, and it is possible to make home-made adaptations from tractors and so on. There is not a lot of feed to hydraulic



Getting close to the water but the tide was receding fast.

steering, but it is excellent to use as there is no stock and the rudder tends to stay where it is left.

BUNKS AND CUSHIONS

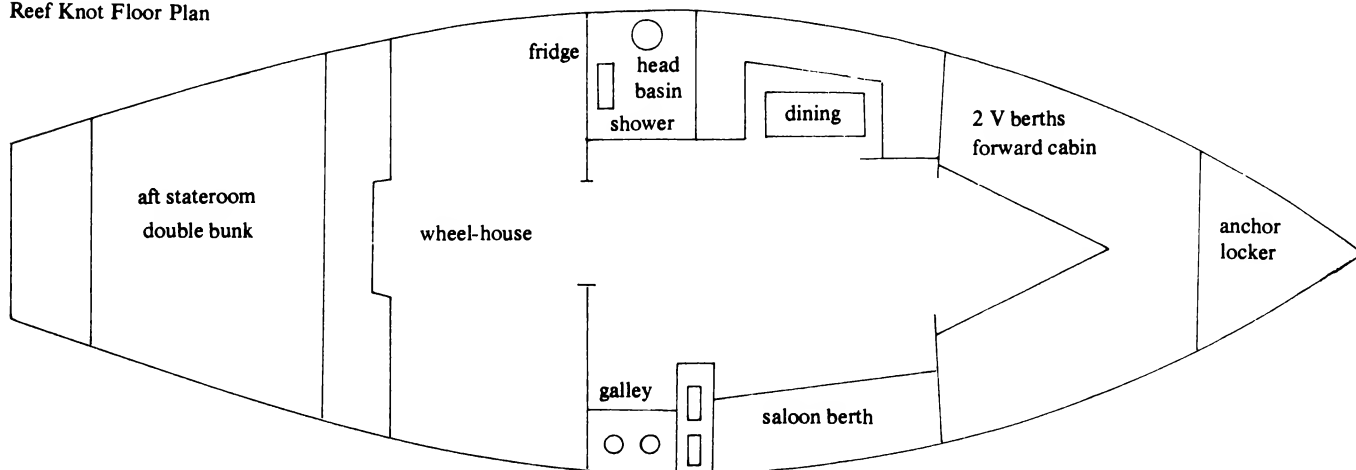
At last my own special expertise was asked for. To date the project had been completely male-oriented. Here at last, I was able to give her a much needed feminine touch! I decided to stick with royal blue (or boat-blue as I now call it) covers on everything, and I screen-printed in white different nautical designs for the upholstery in the forward cabin, saloon, galley, wheelhouse and stateroom.

All the while we had our regular watchers to check on our progress. It is amazing how a boat being built attracts people like a magnet. Even on an island we had our 'expert' visitors — friends, acquaintances and complete strangers all had advice to offer.

MAST

Here is another fairly expensive section of the boat, but a very important, exacting part. We muddled through fitting the mast, with a bit of advice from a pro. By the time we were

Reef Knot Floor Plan



ready for the mast we had already launched the boat. We had to wait a while for our finances to catch up, so we'd been using the yacht by just motoring for a few months till we had sufficient wherewithall to purchase a mast and fittings. The mast came in kit form and was made of aluminium with stainless steel fittings. It stands 12 m (40 ft) high, so of course we had to enlist the aid of a crane to help us install it. We were able to motor into Gladstone port and have this done at a wharf. We painstakingly attached all the fittings ourselves to the mast, and we had a professional swage the wire ends for us. The crane stood the mast up at the same time as the ends of the stays were fitted.

SAILS

We started off with only one second-hand genoa. After a couple of weeks sailing we purchased another second-hand sail, this time a mainsail. Now at last we have acquired a jib (also second-hand). At a later date when finances permit, we hope to buy a complete new set of sails, but meanwhile we are happily sailing. Yachting these days, even on an extremely modest scale, is rather expensive. We thought about all the essentials we may have needed for cruising, then we rethought those so-called essentials, and divided them into two lists; *real* essentials, and nonessentials. Our interest does not lie in racing or weekend sailing; we wanted a yacht that could safely and comfortably carry us on cruises up and down the Queensland coast. We have found she handles delightfully, and is very stable. She is highly responsive to the slightest pressure on the helm, and nicely balanced even in heavy weather.

I'll not elaborate on the actual launching, as that could make up a complete new story. Perhaps it will suffice to say the launching operation had its little problems, but eventually, very late one Sunday afternoon, the corks were popped on the bubbly and we shared our happiness with a half dozen friends, as our new baby 'Reef Knot' wet her skirts for the very first time.

GARDENING WITH LIMITED WATER

by Lolo Houbein, Bridgewater, SA.

In the 1970s I lived in a rented cottage in the Adelaide Hills where the garden water came from an old bore, which also had to water my landlord's cabbages for market. As I couldn't handle the machinery I had to send a message every time the tank was low, though he always pumped it up when he worked the market garden. One day he said that of all the tenants the house had seen, my son and I used the least water, in fact he couldn't understand how I grew my vegetables because I had no hose or sprinkler and the earth looked cracked in between the plants. Here's how it was done.

We raised few seedlings, just enough for our needs — no sprinkling out whole packets of seed! Each seedling was planted in a scooped hollow, big enough to catch the dew from the plant itself. At dusk each plant received one enamel mug of water right at the roots. In heatwaves I might do the same in the morning if they showed signs of wilting. No water was wasted on in-between ground, pathways and crops which didn't need daily watering. The crops didn't grow very big, but there was enough to eat. Had I known about mulch then, I'm sure the result would have been even better. I grew three bushes of tansy, lemon balm and tarragon solely on the dregs from the teapot!

Mulching is now part of our water management. We prefer straw from the local horse stable, which has a sprinkling of manure in it. Although it produces some grass growth, this is easily weeded out when young, and the straw suppresses more weeds than it contributes. Old underfelt (free from carpet laying factories) cut into small mats with a hole in the middle and one slit, is a fine mulch lasting all summer — it's suitable for more permanent plants like capsicums, which don't produce their own shade as tomatoes and pumpkins do. Another marvellous mulch is big, flat stones or boulders. Just make sure the stem can't be cut by them in the wind. If you've never tried stone mulching you're in for a surprise! Even more miraculous is a cover of dolomite gravel, but you have to retrieve it from the soil when you replant. It fertilises as well as mulches. Litter from a native forest, such as eucalypt leaves, is also an effective mulch, but we sprinkle lime underneath to counteract its acidity. If you're near a pine forest, pine needles are great for your strawberry beds!

Apart from catching the dew, measuring out water directly and mulching heavily, you can plant for shade. This means that hardy and/or tall plants go on the north side of a bed to take the brunt of the midday heat. Tender things are planted in their shade and so on. Experiment, think and you shall succeed. And of course recycle the washing and bath water by bucket or hose whenever you can and improve your rainwater tank capacity to catch as much rainwater as your roofs collect, even if you have to store it in 44-gallon drums. Good fortune and may the rain come your way. . .

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Maggie's is a handcrafted magazine keeping in touch with the planet at a human level.

Bantam-Hau!

by M.K. Wuellner, Greta, NSW.

Back in issue GR 43 we featured several articles on bantams but what didn't come out clearly enough was that you don't keep bantams, they keep you. They are the fastest, trickiest and most determined member of the fowl yard, a law unto themselves. Now Manfred, who has kept them for over fifteen years, tells us of his experiences with them.

Here, on the tail, the story of our 'miximax' bantams, so called because the neighbour's rooster, having always had his eye on our side of the fence, flew over and caused havoc to the careful breeding programme of my daughter, 15 years ago.

We weren't sorry to see the eggs growing to 45 g in a year or two. We had three large compounds fenced, so we could swap the chooks around because of health reasons. We built a shed, aerated laying boxes and drip water — you name it, they had it.

The lesson was taught by the black bantam-leghorns who despised the sheltering well-built shed. They were strong and demanded freedom of choice by flying over the 2-metre fence after roosting in the young pines whose trunks supported the fence. They made a mess of the garden so we used (still do) palings and boards, off cuts obtained free from a sawmill, as cover between vegie rows. Moisture and temperature regulating, suppressing weeds as well as deterring the bantams from scratching, we left about 3 cm between boards — enough for most vegies.

Now all our bantams enjoy their own balanced diet of grass, worms, seeds, beetles and a scatter of wheat mornings and nights. They have access to all waterholes and dripping taps, and can dash to safety when someone else drives into the yard or the chicken hawk tries to swoop down. There are plenty of bushes and bamboo around.

Foxes have no chance if you have a well-trained dog grown up with the chooks — unchained. He will also keep other dogs at bay — territorial rights. Well people who dislike dogs may watch their bantams disappear. If free-ranging there might not be an alternative. (It would be better than to watch 'Wild Life' on television, huh?)

At night the bantams roost in trees and bamboo. Easy access has to be provided for them in the form of a hen ladder, a board leaning at a 30 degree angle against the lowest branches or twigs. Cover strips nailed in 20 cm (8 in) intervals across the board will make the walk-into-bedroom complete. Birds of prey, including owls, attack bantams only when they are on the ground.

So mother hens with chickens have to be protected not only from fox, dog, cat — more than guts and foresight lets most hens choose safe scratching locations. By natural selection, the birds not fit for survival will always be prone to sudden death this way. Cocks sometimes expose themselves heroically to chicken hawks to allow the hens to slip to safety.

Bantams are unique in their choice of laying sites — seldom further than a metre into the firewood heap, between sandstone stacks, brick and timber piles, and behind the warm chimney (in spring and autumn).

It is not hard to improvise to stop rodents from getting the bantam mothers and chicks during their most dangerous, unprotected times of life. A piece of mesh wire leaving some

access does it. Foxes, especially, will sometimes be daringly close to taking a hen from your back door during inclement rainy weather.

When a hen feels like laying she 'tells' her husband. He walks with her, selects a laying site, walks into it, cackles, inviting her inspection. She might, trying it hesitantly, accept it (women!) or walk on with him to another suggestion. They both talk long about dryness, shelter from weather and sight, rodents and so on. It is a delight to watch this! You might find the first-laid egg dropped by a bewildered hen in the middle of the yard, not having had that funny experience come upon her so suddenly before. Next time it is well anticipated.

The experienced hen, having settled into her laying spot, will smooth it, shed a few feathers for warmth, and will sit for her first lay. The cock (if there is more than one in the flock) will stalk around quietly, like a husband in the maternity ward waiting room — never far away. After 30 minutes or longer and she has had her lay, she will come out making a terrible noise and fuss. All the cocks in the flock will fall in and try to camouflage the location of the nest. What a commotion! So if you listen you will be able to pick the spot where the hen first appeared from. Most eggs are laid between 10 a.m. and 4 p.m. and so are quite easy to locate. Wait until she has taken up normal picking habits then check the nest. Leave one egg so that the hen will lay there again — she cannot count. If the nest is empty she will lay in another location. Mark the egg if you want to know how old it is later. They will lay approximately twelve eggs in one batch. Keep the eggs for breeding as warm as in the nest condition, and in a safe place if rodents are troublesome. When the last egg is laid the hen will sit, if only on two eggs. So when you check and find her sitting, gently take the eggs from under her and replace with twelve of your stored ones (she will come back if she took off during your interference) and leave her to sit for 21 days, when she will hatch your chickens out.

Any chickens which are left by the mother will die later. If you are humane, try to rescue them and provide 'brooding conditions'. Those left behind are not fit to live, misfits or not good stock to breed from again. You are welcome to prove me wrong! Placing a whole batch under her ensures that the chicks come out on the same day within 24 hours. This is necessary for many reasons which you will discover when keeping bantams. Results show that no interference during sitting periods, except to block rodents, is the best. The hens leave the nest occasionally to eat and drink quickly and then hurry back to the nest. They will do that only during the beginning of the sitting period. When the hen comes out clucking with her chickens — all fluffy, woolly balls — and you can see she is exhausted and weak on her legs, provide her with some small oats (rolled) which can also be picked up by the chicks. You can cook up some egg white, chop it finely,

and offer it to her and the chicks.

This is the most critical trying time, so make sure she is not bothered by kids over-anxious to feed or handle the newly hatched. They would love 'em to death even trying to force-feed them! If you lose a mother hen put the chicks *at night* under some other mother hens whose chicks are the same age. They will be accepted in the morning, there will be no difference amongst them. Trying to do that in daylight results in dead chicks — rejected, picked, abandoned, finally killed by 'flying objects'.

After 4-5 years, bring a rooster from far away into the flock to introduce new blood and avoid inbreeding.

Bantams are not only practical to keep but are excellent to teach regular animal care to children around 10-12 years — younger if there is parental supervision. So I say: happy Bantaming!

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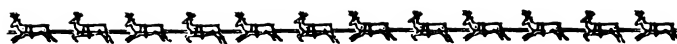
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Christmas Gifts

A handmade gift is always appreciated just that little bit more than a bought present, for the extra time, effort and care that has gone into its manufacture. If you are looking for inspiration and ideas for making your own Christmas gifts and cards, pull out your back copies of *Grass Roots* and turn to these pages.

Gifts

GR 10, p. 10 — Herb Gifts

GR 40, p. 21 — Handmade Gifts

p. 22 — Hints on Drying Petals, Leaves and Herbs

p. 23 — Fragrant Recipes

GR 46, p. 18 — Christmas Shopping at the Op Shop

p. 21 — Handmade Gifts

p. 22 — Curtain Ring Brooch

Bumper Book, p. 24 — Simple Christmas Gifts

Fireside Book, p. 72 — Earrings

p. 114 — Leather Handbag

Cards

GR 48, p. 22 — Handmade Greeting Cards

GR 49, p. 77 — More Greeting Card Ideas

Bumper Book, p. 52 — Card Making

Decorations

Bumper Book, p. 115 — Knotted Decorations

Fireside Book, p. 92 — Mantelpiece Decorations

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Recharging Batteries

by Nigel Pierce, Stony Chute, NSW.

One of the disadvantages of farewellling 240 volt mains power was having to pack away a battery recharger. Fantastic little items. The cost of the nickel-cadmium cells may seem steep to begin with but they can be recharged up to a 1000 times. Again, the initial cost of the recharging unit could buy a lot of batteries but, if you use them often, it will soon prove to be very economical. So it was a sad day to pack away the recharger and batteries and look forward to a life of ephemeral, throw-away batteries.

Then the thought struck me. Could I, with a small inverter on my 12 volt dc system, still use this marvel of modern electronics. My idea and I went into the local Tandy store and presented ourselves. Now comes the good part. 12 volt users (and 24 volt users as well) rejoice! No need for an inverter or recharger. You can recharge your torch, tape, toy batteries easily. The items and costs involved (for 12 volt) are:

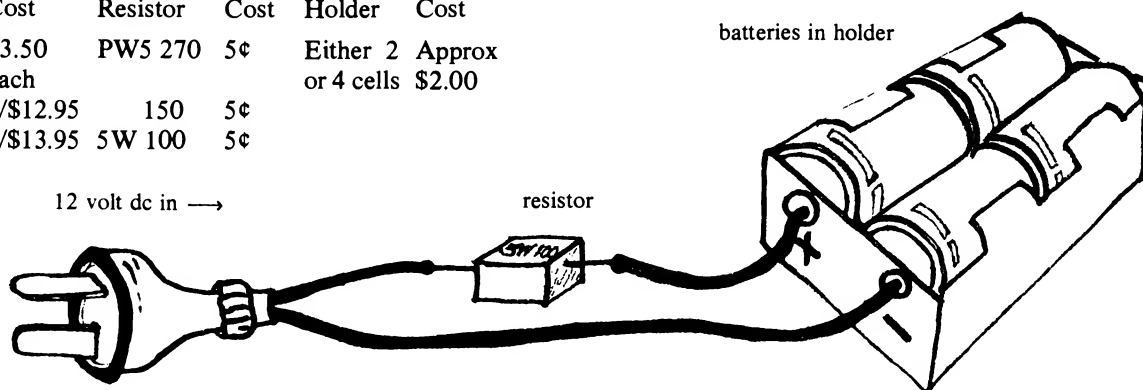
Battery	Cost	Resistor	Cost	Holder	Cost
AA	\$3.50	PW5 270	5¢	Either 2	Approx
	each			or 4 cells	\$2.00
C	2/\$12.95	150	5¢		
D	2/\$13.95	5W 100	5¢		

The batteries require about 14 hours to recharge and they draw 100 ma amperes per hour; 100 ma x 14 hours = 1.4 amps draw. This doesn't represent a huge load on the system.

One of the disillusionments I suffered with alternative energy was the exorbitant cost of 12 volt dc appliances in comparison to 240 volt ac equipment. The battery recharging, albeit small, was a victory. I can now milk to music with my walkman.

Note: 24 volt requires different resistors. Check with local electronic store.

Connect up the appropriate resistor on the positive (+) wire (usually red). Connect negative wire straight to power source. Charge batteries.



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MAKING A SHIRT PATTERN

by Geoff O'Callaghan, Batchelor, NT.

Since my article in GR 41 I have had many enquiries for patterns for the bush shirt. Although the method I described did not require patterns I have drafted a pattern which may be useful to many people.

I have undertaken further research using historical photographs and accounts — it is surprising how consistent designs are, even over a hundred years or so. Two designs I studied in detail were the Australian Army's uniform prior to World War II and the cavalryman's shirt. I wondered if there was any explanation for the change from closed fronted styles to coat fronted ones. Mr R.M. Williams provided the clue when he wrote to me regarding the origins of the bush shirt. Apparently, the closed front was better for horsemen because it was more wind-proof. So there you have it — the closed front represented the horse era, and the open front came in with the automobile. Closed fronts are still used for industrial shirts where protection from sparks and burns is required.

Before World War II the Australian Army was often mounted, therefore the closed front or cavalryman's shirt became the standard uniform.

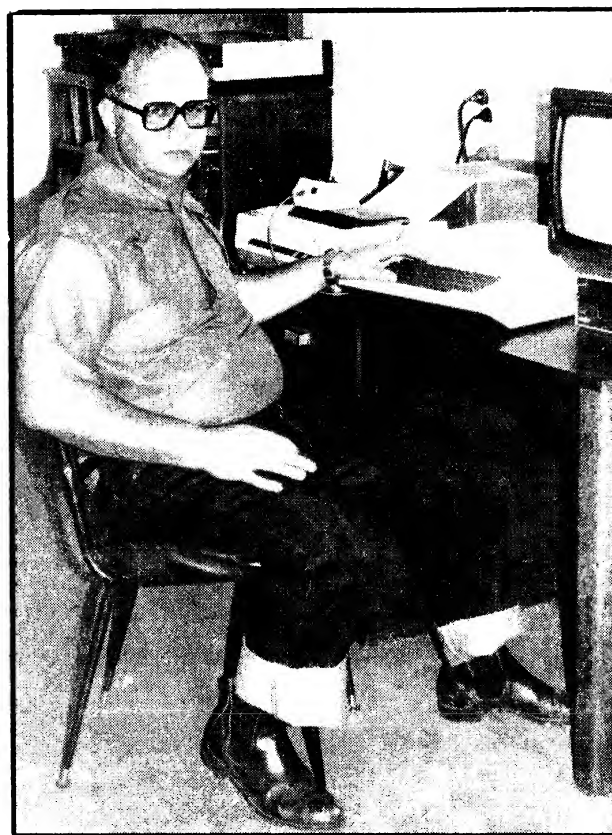
Prior to that, Lord Baden Powell designed the Scout uniform. He based it on the cavalryman's shirt. However, as a scarf was worn by the boys he included a smart button-down-back collar and 'V' backed yoke. The Bob Laver collection of photographs gives excellent details of the construction of these shirts. As this is the most elaborate of the three designs, I suggest anyone attempting them leave it for last. It does require a lot of care, but is a great project for the enthusiast.

Of course, to our eyes the original garments would look a bit baggy. I have taken the liberty of making the patterns more form-fitting to correspond to modern taste. Contrast stitching and the use of contrasting colours and fabrics can result in shirts which are really striking in appearance. I would encourage hobbyist shirtmakers to experiment with the designs, especially with some of the curves and angles. The depth of the curve at the top of the sleeve determines the lie of the sleeve in relation to the body. Formal shirts are more deep-cut, keeping the arms to the sides. For action sleeves, shallow curves should be cut. The depth of curve underneath the armpit determines the amount of room under the arm (and the comfort of the wearer).

Making up a Pattern

The system I use places all pieces along a fold so that the pattern for the front of the shirt and the back are almost the same unless a yoke is being used.

Therefore, for most of the shirt, I fold a piece of fabric into four and cut through the four thicknesses to obtain the required piece. To cut a SB pattern I will fold a piece of fabric 76 cm wide in half and then half again so that it is 19 cm wide. When the back is cut out, then the front can be cut out after by making a couple of small changes; cutting the collar deeper, cutting the sleeve holes in deeper, and half slitting the front for the placket. Where a yoke is being added the process is nearly



Geoff at work writing, modelling one of his home-made shirts.

the same, but I cut out the front and back separately, from a piece 38 cm wide and folded in half, rather than from a piece 76 cm wide folded in four.

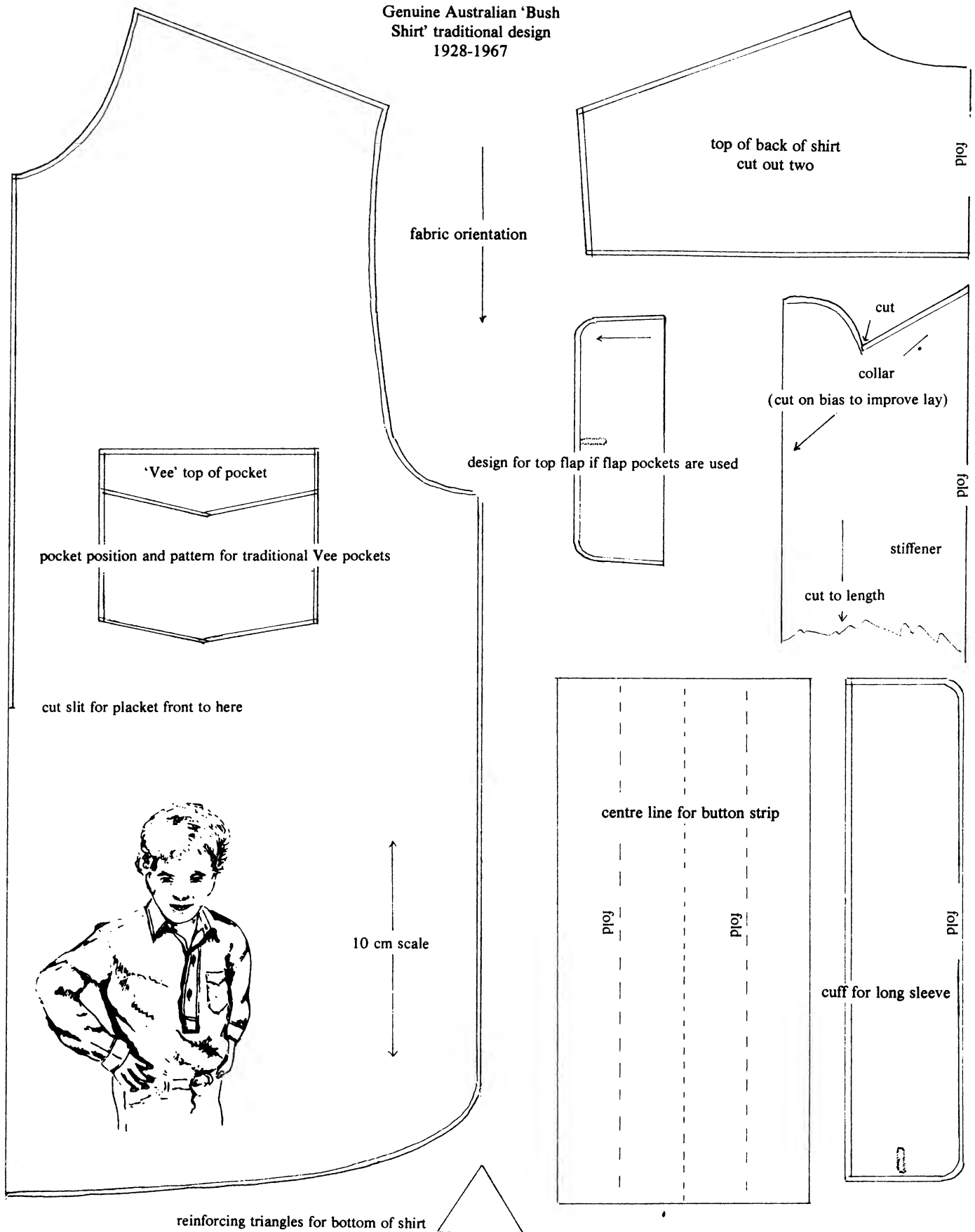
The patterns can be drafted onto a piece of paper first. Brown paper, white newsprint paper, or proper pattern paper are all acceptable. If a large number of shirts are to be sewn, then a cardboard pattern can be made. This is what I use when making shirts for clubs or sporting teams.

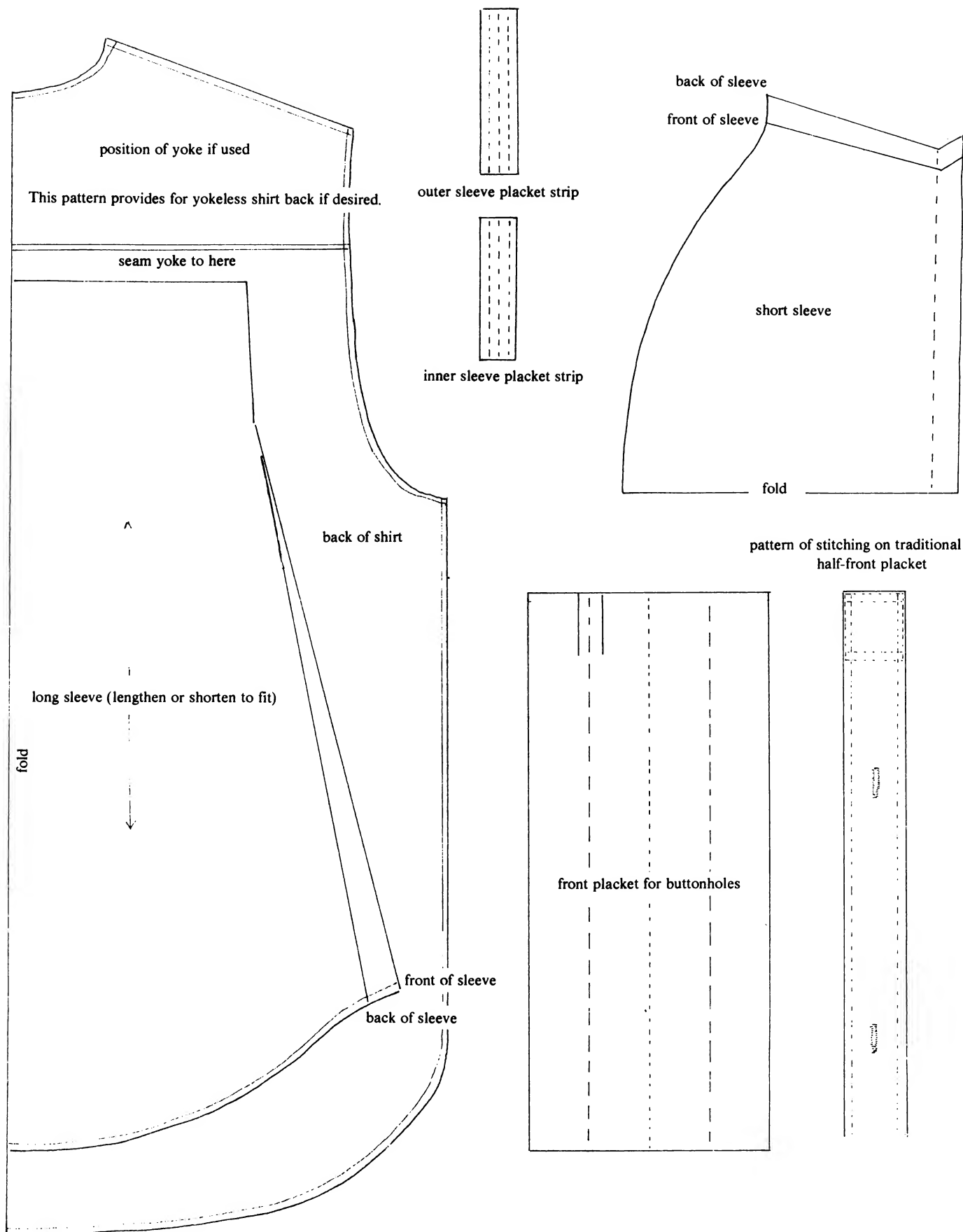
The following size chart is for average sizes only. Individuals may need measurements changed in some particulars to ensure correct fitting. One of the main reasons for having shirts made to order is to cater for individual differences.

	SB	B	LB	Y	SM	M	OS	XOS
neck	4.9	5.0	5.2	5.4	5.6	5.8	6.0	6.3
shoulder	10.0	11.0	12.0	13.0	15.0	16.0	17.0	18.0
armpit	20.0	21.0	22.5	24.5	26.0	27.0	28.0	29.0
length	65.0	67.0	70.0	74.0	77.0	80.0	85.0	90.0
width	19.0	21.0	23.0	25.0	27.0	29.0	31.0	33.0
sleeve	36.0	38.0	40.0	44.0	48.0	52.0	56.0	60.0
short sleeve	14.0	15.0	15.0	16.0	16.0	16.0	17.0	17.0

I would invite anyone who wants to contact me regarding historical Australian designs to write Papunya School, PMB 77, Alice Springs 5751. That will usually find me.

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BANDAGES AND DRESSINGS SURVIVAL STYLE

by Nevin J. Sweeney, St Marys, NSW.

Although many GR folk live in rural areas where medical help is not close at hand we only occasionally receive articles related to do-it-yourself first aid. We have published info on treating snake bite (GR 41, p.16) and we had articles related to herbal first aid (GR 36, p.53, GR 46, p.42). With holiday time around the corner it may be worthwhile using this article as the impetus for getting together a practical first aid kit.

These two items together should (I repeat should) comprise the bulk of a first-aid kit, be it for survival or general purpose. Dressings and bandages, like most equipment, are useful only when the operator has been trained to use them, so if you are really interested in survival or just concerned about your family you will have already done a recognised first-aid course.

This article is not a 'how to use . . .' article, but rather to let you know what is available, what it can be used for and what you can do to make your own. The first part is what is available at present.

Tailor-mades BANDAGES

Gauze. Plain or conforming (conforming is by far the best) are the most common and are used to secure dressings. Sizes vary from 2.5-15 cm (1-6 in). Sterile.

Triangular. Most useful and versatile bandage devised (a first aid course is needed to show just how versatile). Generally one size only.

Crepe. For applying pressure; vital for snake bites. Also comes in varying sizes from 6-15 cm (2.5-6 in) wide.

Rubber Constrictive. Important for stopping bleeding (no tourniquets), usually available in 2.5 and 5 cm (1 and 2 in) wide.

Plaster of Paris Bandage. Cloth bandage coated with plaster of Paris for making plaster casts.

DRESSINGS

Plain non-adherent. Sterile gauze in various sizes eg. Melolin, 5 x 5 cm (2 x 2 in) and 10 x 10 cm (4 x 4 in).

Tulle. Sterile soft paraffin impregnated gauze, particularly valuable for burns eg. Unitulle — 10 x 10 cm (4 x 4 in). Also available impregnated with antibiotics (on prescription), eg. Sofratulle.

Sterile Alginate Impregnated Gauze. To stop bleeding.

Large multipurpose Dressings. The Intersorb dry burn pad 61 x 91.5 cm (24 x 36 in) sterile, or the Curity multitrauma dressing, 25.5 x 76 cm (10 x 30 in).

Eye Pads. Sterile shaped gauze pads, designed to cover an eye.

COMBINATION

These are the range described as B.P.C. (British Pharmaceutical Codex) standard dressings, also called wound dressings. They are the civilian cousin of the military first field and shell dressings. They are a sterile, cotton wool and gauze pad attached to a cotton bandage all wrapped up and compressed into a neat package.

They come in three sizes: small (No. 13) — the pad is 7.5 x 10 cm (3 x 4 in), the bandage 5 cm x 2 m (2 in x 6.5 ft); medium (No. 14) — the pad is 15 x 10 cm (6 x 4 in), the bandage 7.5 cm x 2.5 m (3 in x 8 ft); large (No. 15) — the pad is 15 x 20 cm (6 x 8 in), the bandage 7.5 cm x 3.5 m (3 in x 11.5 ft).

These wound dressings are in my opinion the best form of first-aid equipment next to knowledge and triangular bandages. They are, however, expensive and hard to obtain. From a survival point of view it is best to stock up some for ready access in times of trouble to see you over until you have time to manufacture your own. A cheap way to do this is to buy the first-aid kit available from the Red Cross (Red Cross House, 159 Clarence St, Sydney, or equivalent in other capitals). This has in it amongst other things three each of the three wound dressing types and six triangular bandages. It sells for around \$25 (may have gone up) and a couple stashed away is good insurance.

Roll-your-owns

A common or garden roller or triangular bandage can be improvised out of any readily available cloth — yes, even sheeting in a pinch.

Sterile is best and clean not too bad, but 'any port in a storm' when an emergency looms. The specialised bandages require more work eg. rubber constrictive bandages can be cut out of a car inner tube (remember at least 2.5 cm (1 in) preferably 5 cm (2 in) wide) or a crepe bandage can be made from scratch using elastic and a sewing machine.

Dressings are a different matter and to me the best DIY dressings, next to your wife's sanitary pads (don't laugh), are the good old Johnson and Johnson combination dressing rolls. They are 9 cm (3.5 in) wide by 10 m (33 ft) long and cost only a few dollars each. You cut off your own dressing to a suitable length. It is clean but not sterile.

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Having now destroyed your wife's best sheets and cut your dressing roll to the desired sizes (leaving one or two uncut rolls in stock) the next thing to do is sterilise them. First, however, it is necessary to separately wrap and seal each article in a paper or plastic (oven-bag type) package. This is to prevent recontamination after sterilising.

In hospitals and industry sterilisation is accomplished by radiation, gas or vapour, dry heat or wet heat. In the home only the last two are suitable.

Dry heat — sterilisation should occur in paper wrapped articles kept in a domestic oven at 130°C for six hours (above 130°C, paper chars and becomes useless). When using oven bags (difficult to seal) three hours at 160°C should be sufficient.

Wet heat — place your sealed dressings and bandages on a steamer above the water level in your pressure cooker and steam at 15 psi (100 kpa) for one hour. This should achieve sterilisation.

Advantages/disadvantages of roll-your-owns versus tailor-mades

Roll-your-owns	Tailor-mades
Advantages	
Cheap	No work involved
Improvised from surrounding materials	Guaranteed sterile
Easily available	
Disadvantages	
Not guaranteed sterile	Expensive
Work required	May be difficult to obtain

In conclusion the ideal would be a stock of No. 13, 14 and 15 standard wound dressings (or a couple of Red Cross first-aid kits) for immediate requirements and a back-up stock of combination dressing rolls and second-hand shop sheets (or other cheap cloth) for DIY bandages. It goes without saying that the knowledge to use them is also required.

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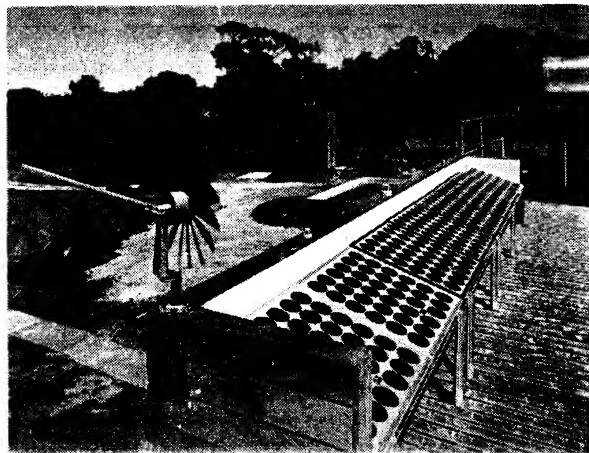
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WHICH ANIMAL MANURE?

Most of us have been educated from a very early age to regard our waste products as something not to be discussed in polite circles. Urine and faecal matter were lumped into the same category as other unmentionables. Waste is a convenience of man alone. The environmental crisis is changing all that. The time is approaching when the humus/nutrient value of our own treated sewerage will be valued as a source of fertiliser just as much as are manures from other sources.

The word manure comes from the old French word *mainoverer*, which means to cultivate by manual labour, so it is strictly an agricultural term which ties in directly with the theories of organic gardening and soil conservation.

The very best way to prepare raw manures for the garden is to compost them with organic materials high in cellulose and lignins such as the animals' straw bedding soaked in urine, sawdust, bazza chips, hay, or weeds. One part of manure, by bulk, with three or four parts of organic matter, is nature's ratio as witnessed under forest conditions. If animal manure is used alone for too many years as the only source of fertiliser for vegetable crops, a buildup of undesirable salts, such as sodium, could detrimentally affect plant growth.

Fresh manures, without litter, can be trenched in moist, friable soil during the autumn. Plants can safely be grown on it in the spring. Fresh animal manure is, however, likely to contain more seeds than rotted manure. This is why hot composting is so important for its initial preparation as a fertiliser. Hot manures are better than cold for this purpose.

The amount of nutrients in animal manures, even when dry, are small when compared with chemical fertilisers. It may take two tonnes of dry cow manure to supply the same amount of nitrogen as fifty kilograms of ammonium sulphate. But chemicals do not supply humus, or a well balanced food supply for plants or earthworms which animal manure does.

Exceptions to this are manures from young growing animals and their mothers who are making milk. Both lactation and body development use up larger quantities of nutrient and subsequently affect the value of their droppings.

The reason for manure being such a good, balanced fertiliser, lies in the fact that up to 80 per cent of all the nutrients gathered by farm animals in foraging is expelled in their dung. A variety of acidic digestive juices, enzymes and bacteria act on nutrients in digested food to make them readily available as plant foods. The fastest way to turn crop residue such as corn stalks, cereal stubble and weeds into humus is to graze them with animals. A major problem with animal manures is that most of them contain so much phosphorus that if they are used in conjunction with blood and bone, which many people use exclusively to fertilise or stimulate crops, then a potassium shortage is soon detected. Deficiencies of potash generally show in poor yields, stunted growth and, in particular, the scorching of leaves. The habitual practice of applying superphosphate to grow human and animal feed, means that the food chain may already be

intoxicated with too much phosphorus, unless it is locked up in acid soils.

Cow Manure

By choice, this manure is used almost exclusively by biodynamic farmers as the basis for their organic sprays and compost activators. The food of ruminating animals passes through five stomachs, picking up a variety of micro-organisms on the way, which they claim add value to the manure. Cattle produce a wet (80 per cent moisture), compact type of cold manure which breaks down slowly. This latter fact makes it longer lasting, a most desirable characteristic for feeding the soil. Especially for open textured sandy soils. Cow pads dropped on pastures have been analysed after nine months, and found to contain 70 per cent of the original nutrients. The loose textured nature of horse manure is, by comparison, unreliable as a good source of nutrient when left in the open.

Pig Manure

Chinese farmers use pigs as fertiliser factories. One pig produces three tonnes a year. Mixed with the same quantity of organic wastes the resulting high quality compost fertilises one *mu* (0.06 ha) of land. Pig manure is cold and slow to decompose, probably due to the copper compounds put into their feed.

Poultry Manure

When we buy poultry manure from factory farms we obtain a product with concentrated plant foods because all birds have the one duct for the disposal of their urine and faeces. Thus potassium is higher here than in any of the other manures where the urine is lost. Its humus value is poor however, unless mixed with a deep litter or sawdust, straw, or other fibrous material. Using manure from poultry or any of our seed eating feathered friends is unlikely to introduce weed seeds, which is one reason for its popularity. However, there is one drawback with using raw poultry manure, especially from a battery. Its nitrogen, in the form of ammonium carbonate, is fierce and can burn crops more harshly than other combined forms of nitrogen.

In the deep litter system, this free ammonia is used by a bacterium in breaking up hard cellulose wastes like straw, or bazza chips, and producing heat to dry it. One hundred hens produce four tonnes of droppings in a year.

Sheep Manure

This is seldom obtained in a fresh, unleached condition, which is a pity because after bird droppings, fresh sheep manure (classed as hot) has the highest nitrogen value when the animals are grazing. Sheep droppings are relatively dry (68 per cent moisture) and therefore richer in nutrients for a given weight than most others. Sheep manure may be collected from beneath farm shearing sheds. This is good used under a mulch of grass around trees and plants, or used in drums of water for manure tea.

Horse Manure

Fresh horse dung is fibrous, open and classified as a hot dry manure (78 per cent moisture). It is favoured for lightening heavy soils. The heat produced during its rapid decomposition is often used to advantage in compost activation and under cold frames to warm the soil in winter. In compost making, sustained heat is required to kill weed seeds and plant pathogens. The quality of the manure is controlled by: the type of feed eaten; the age of the animal; the amount of urine retained in straw bedding; the manner of storage.

Pigeon Manure

This is the richest manure of all with four times more potash and nitrogen than poultry manure. The phosphorus too is doubled, making pigeon manure ideal as a compost activator, because it is not safe to dig into a highly productive garden.

Goat Manure

Goat manure is perhaps the best general purpose manure of all, according to Lawrence Hills (HDRA) because the goat is a browser — it feeds on leaves, shoots or trees and shrubs, rather than grass only. This ranks above cow manure in nutriment and should be collected weekly to avoid auto-intoxication of the animal's feed.

Animal Urine

Potassium (salts of potash), a necessary major plant food, is found in the urine of all animals including man.

Unfortunately it is lost as a source of nutriment because it is now cheaper and easier to use an alternative source. But we must learn to recycle this element to sustain our agriculture because many alternative sources are nonrenewable.

Of the three major nutrients, potassium is generally the least stable in typical farming soil. It is found in seaweed but in concentrations too small to satisfy broad-acre cropping of gross feeding plants. However, terrific results have been obtained using liquid seaweeds on pastures.

Storing Manure

If the manure from grazing animals becomes available when it is not needed, hoard it this way: pile up manure against a wall (with as much straw or hay as possible) treading it down firmly, because the aim, according to the Henry Doubleday Research Association, is to exclude air, and thus prevent heating.

Build the heap into a triangular shape for covering with sheets of corrugated iron or plastic sheeting. (Condensation under plastic may keep the heap too wet. A temporary wooden frame may be justified here.) In general, the quality of manure increases with the amount of protein in an animal's diet. For example, a horse fed on grain produces a bi-product far more valuable than one fed on hay.

Reprinted from the December 1981 Newsletter of the Soil Association of SA, GPO Box 2497, Adelaide 5001.

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Natural Goat Care

by Pat Coleby, Garfield, Victoria.

While I write this article, my kidding, which seems rather interminable this year, still goes on. The last kids, assuming the mating 'took' (which late matings do not always do), will be well into February, and up to then there are about four does kidding a month.

So far all have kidded right on time. As I mentioned in the last article, early kiddings should be regarded with suspicion, because this usually means all is not as it should be nutritionally (especially mineral). But milk production, except for does that have arrived in the last four or five months, is about 20 per cent down. I suppose I was optimistic to hope that I could offset my predecessor's fixation for chemical fertilisers in less than a year.

Most of the does have had to have vitamin B12, and multiple vitamin injections to keep them on an even keel, and one or two are more anaemic than I like to see. But I imagine the copper and cobalt in the top dressing will not be evident in the plants until the real spring growth comes away, which isn't for a month or so here. So far the kids have been pretty strong and healthy on their feet, and drinking quickly. Only one needed half a cc of vitamin B12; it went through the motions of drinking, but couldn't quite manage it. Although I do not believe in saving weak kids, this weighed 3.5 kg (7 lb) and seemed OK otherwise, so I gave her an injection. It really is almost miraculous how quickly they pick up; in under twenty minutes she was drinking strongly and has never looked back.

In common with Gerald Durrell of zoo fame, I wouldn't be without vitamin B12 in the fridge. Yet so often people who have kept goats for years ring about something going wrong, and when I suggest giving the patients vitamin B12, they haven't ever used it, or don't have any. Gerald Durrell mentioned in one of his books that he couldn't rear monkeys in captivity without it. Although the does are not right up on their milk, I think the kids seem extra strong. They have that nice solid feel about them when handled; some kids feel light compared with their size, which isn't a good sign.

I've been very busy nurturing and planting out mallow. This excellent herb (weed?) only grows on ground that has been richly dressed with animal manure, and needless to say was conspicuous by its absence when I first arrived. I like mallow in my kid runs, it appears to be a specific against coccidia, and I don't feel happy if its not there.

The garden was the first thing I had to put in order when I arrived because I live off it. So loads of sawdust from the racing stables where Hugh was working were spread all over. It wouldn't even grow radishes when I arrived. The sawdust has been followed by compost as fast as I can make it, and within two months I saw the first mallow plant, and since then they've appeared fairly regularly. So, a couple of weeks ago I had a grand transplanting, the mallows are by now about half a metre across, and as high, and I dug them up with a large amount of dirt, carefully transplanting them into the kid runs. They have very large root systems, and are already settled down and flourishing. I've no idea where they came from, but thank goodness they have materialised! (Luckily none of my

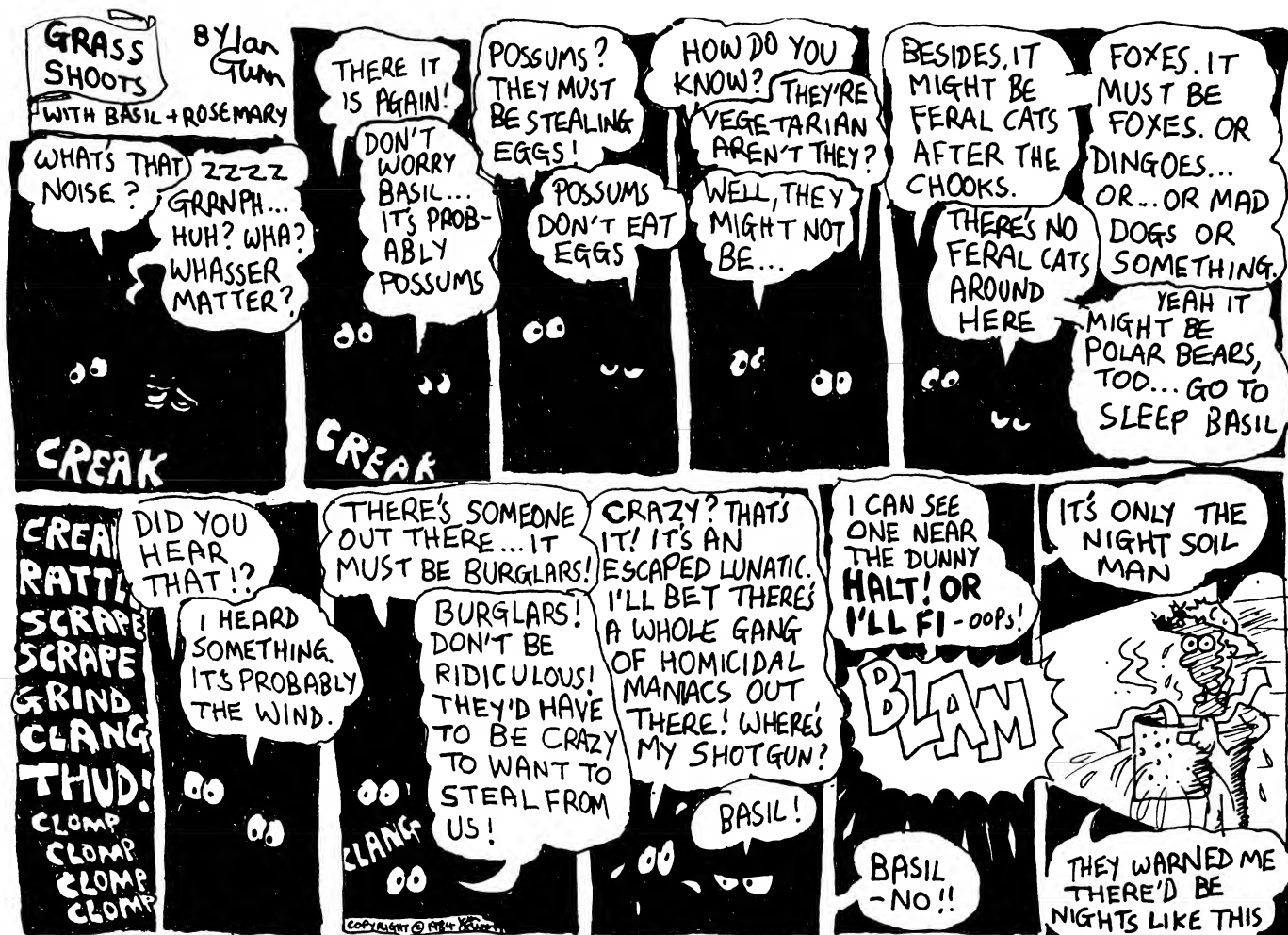
more conventional friends called during this exercise, or their worst fears would have been confirmed.)

I picked up some goats from up north about five months ago. They were good and fit, but one or two of them had never been handled. One doe that is brown all over, a most attractive goat, was extremely strong, and whilst tattooing her she walked off with the crush around her neck, and me in hot pursuit. (It's a very soundly made bit of equipment sunk into concrete pipes.) Training her was not as hairy as I had feared. She has her place, which is on the left hand side of the first stall. It took a couple of days to manhandle her in there until she remembered herself. She is chained up, because she's very tough and would eat the others' food if I didn't. As long as I approach her the same way each day, chain and unchain her, she is quite well behaved, but any deviation from that routine is apt to leave a trail of flattened goats (and one goat owner). She's due to drop her first lot of kids in a few days, so about two weeks ago, to her lively horror, I started to handle her udder every day, and at last she's accepting that too. I just hope she elects to kid indoors, because things will be interesting if she doesn't.

It doesn't seem to matter how wild an animal is initially, provided you programme it to a certain line of action, and then stick to it. It is only the unexpected or lack of any routine that appears to unsettle them, and as most goatkeepers will know an unsettled goat will do almost anything. Battles are best avoided if possible, with any livestock. Goats are capable of jumping twice their own height very easily, but a well trained and reared goat never discovers that it can do that unless the day comes when it receives a sudden fright — and then look out!

Foot trimming was something I could almost forget about at Harcourt, because there were so many rocks. Not here, the mud has been pretty bad (wet even for Gippsland they tell me), and I have to make it a six-week job, just as I did at Toolern Vale. But I'm pleased to see that in spite of the lack of copper in the soil, and the state in which some of the goats' feet were in when I got them, there is not the slightest sign of any foot trouble. I don't know if this part of the state is liable to footrot, but as long as the goats receive the copper they should have, there is no danger of them having any problem, however muddy or wet the conditions. The bucks, in particular, although they all have dry sheds, have been in mud up to the middle of their legs for the last three months, and they too are perfectly alright.

One piece of husbandry I do propose to try in the not too distant future is the spraying of sea minerals, when I can afford it. Mineral Fertilisers supply these, and it would cost about \$100 to do a ten acre paddock, which compares very well with other topdressing. People who have used this method in either orchard, gardening or agricultural situations have been very happy with the results. The orchardist said he'd almost forgotten what a pest was! In my case I hope it may expediate the return to organic, or to use the new term 'sustainable' agriculture, as soon as possible.



Survival Technology

It grieves me to let you know that on the 6th September 1985 Tony Stephenson, owner of Survival Technology, died suddenly. Survival Technology has since closed down because I could not continue the business on my own.

Tony and I have met many wonderful people through Survival Technology and have had five great years running the business. Tony as my husband, business partner and friend will be deeply missed and I would like to thank all those people who have sent condolences to myself and my family.

If anyone has any queries on where they may go to for specific information please do not hesitate to write to me and I will point you in the right direction. If you write please enclose a SAE.

Ms Lynn Dean
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Handy Hint

To save water, place a brick in the cistern of your toilet. This will save about a quart of water each flush and would probably save a family about 50 gallons of water a month.

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THE FIRESIDE READER

Remember those rainy days at home when all the family played games by the fire, read, or amused themselves by getting into some sort of mischief? There were scones fresh from the oven, warm mugs of cocoa, and that special feeling of togetherness which revitalised everyone for the coming week's activities.

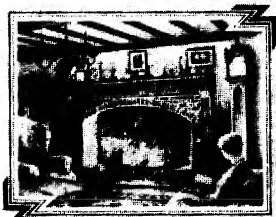
The *Fireside Reader* is a thoroughly enjoyable collection of stories and activities to remind us of those times. Whether forced inside by inclement weather or just the annual winter hibernation and recharge, the reader will be amused, entertained, and stimulated by the contributors who obviously live their lives to the full. And what better way to rekindle those precious memories of sharing, peace and companionship so elusive in our modern lifestyle?

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GRASS ROOTS

**Fireside
Reader**





THE EARLY YEARS

Grass Roots, craft and self-sufficiency magazine, was first published in 1973. Since that time, readers from all over the country have been sharing their enthusiasm for a more independent lifestyle and passing on the skills and know-how needed to achieve it.

This book is a reprint, by popular demand, of the first five issues of *Grass Roots* which have been out of print for some time. In its pages will be found an amazingly thorough collection of hard-to-find information from making sleeping bags, insect sprays or dandelion wine to training a horse to pull a jinker, knitting straight from the fleece or raising an orphan lamb. As well, because the information is from the very first issues of *Grass Roots*, the book contains very basic recipes and instructions for making bread, butter, cheese, yoghurt and even sandals, flutes, and wattle and daub buildings.

Although *The Early Years* is an extremely useful reference, it is more. The warm, companionable feelings of those folk trying, failing, trying again and finally succeeding, shine through its pages providing the stimulation needed to make your own personal choice of lifestyle a success.

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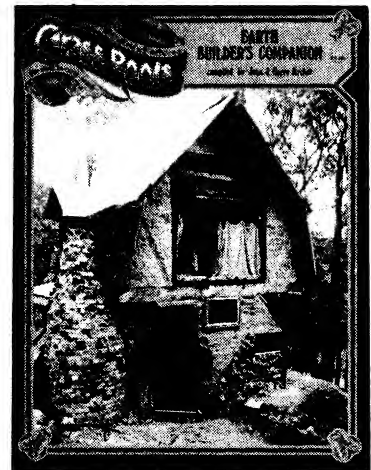
THE EARTH BUILDER'S COMPANION by John and Gerry Archer

The Earth Builder's Companion is a manual on how to design and build your own earth house. Folks have been building these dwellings for centuries and many are still standing long after their builders have passed on. Earth is cheap and plentiful; so is your own labour; inside this book is the information you need to put a roof over your head without council hassles or a 25-year mortgage. *The Earth Builder's Companion* is full of illustrations of early and modern earth houses and contains practical advice on:

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- rammed earth – complete details on this method with examples of forms and modern ramming equipment
- roofs (including sod), floors, adobe fireplaces and mud cooking stoves
- coatings for earth walls

Even if you are not going to build a barn, shed or mudbrick toilet yourself, here is what others are doing for perhaps half the price.

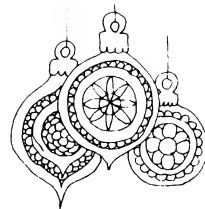
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Grass Roots Binders: these are made from tough, dark brown vinyl with a white logo. They hold 8-10 magazines as well as *The Early Years* and any of the *Companions* or *Bumper Book*. An ideal way to keep your library together and prevent the neighbours pinching your back copies. Price \$7.50, includes post and packing.



CHRISTMAS BOOK NEWS



The holidays over Christmas are often an ideal opportunity to sit down, relax and read. For some people it's actually the only time to catch up on their reading!

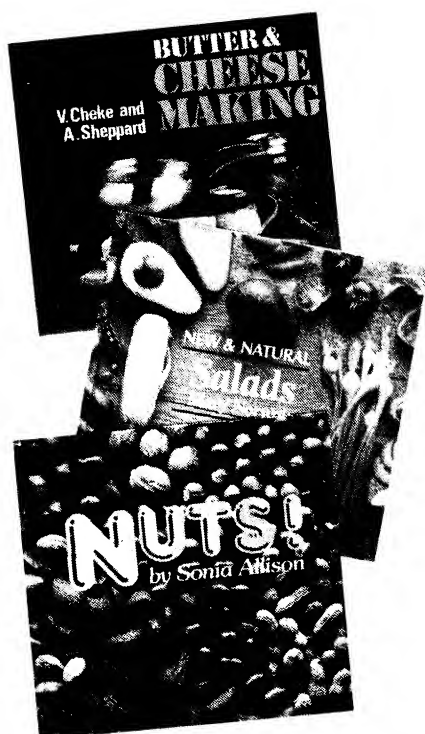
This Christmas, *Grass Roots* has included the *Book News*, so you are able to take advantage of your spare time to plan what books you need for the coming months. As usual we have a wide selection to choose from.

I have reviewed some wonderful books over the year and been in contact with some lovely readers. I appreciate your support and feel happy to know that the *Book News* allows you to read of and obtain books that suit your particular interests.

As a special Christmas gift, people whose orders exceed \$35 will receive a copy of David Stephen's 1986 *Organic Gardening Calendar*. It's a practical calendar with room to write notes each day. In burgundy print on grey paper, it looks very attractive.

Wishing you all a warm and happy Christmas and I hope the coming year brings many rewards from the path you have chosen.

Best Wishes
Lynne.



MORE TASTE OF LIFE — Julie Stafford. Soft cover, 159 pp, Aust. RRP \$10.95.

Following the great success of *Taste of Life* this book presents more wonderful food ideas. It is attractively presented and contains some delicious, innovative and nutritious recipes.

SALADS — Mary Norwak. Hardcover, 91 pp, UK. RRP \$9.95.

Summer means salads but unless you have a wide repertoire, salads can become boring. However, this book means that salads will never again be boring. The variety, colours, flavours and textures are so tantalising. The recipes include parsnip salad, tomato jelly ring with salad filling, German tongue salad and Hot bean salad. It's the perfect book for those times when you need salad ideas.

NUTS — Sonia Allison. Hardcover, 93pp, UK. RRP \$9.95.

Nuts, nuts and more nuts! Over 300 recipes are contained in this book and all use nuts as the essential ingredient. There are some fantastic vegetarian dishes, soups, appetisers, salads, desserts, cakes and breads. If you enjoy eating and cooking nuts then you will surely enjoy this book.

A GUIDE TO ORGANIC GARDENING IN AUSTRALIA — Michael Roads. Soft cover, 87 pp, Aust. RRP \$4.95.

A guide to growing fruit, vegetables, trees and flowers without chemical fertilisers, or poisonous sprays. Chapters include improving the soil, mulch, natural fertilisers and companion plants.



CRAFT

WOOLGATHERER'S HANDSPUN PATTERN BOOK — Albury/Wodonga Handweavers and Spinners Guild. Soft cover, 94 pp. Aust. RRP \$6.70.

This very popular book contains numerous patterns for making clothes, rugs, bags and toys. It also has details for prewashing dirty wool, correcting spinning faults, caring for your wheel and making washing mixture for woollens.

CREATING GIFTS FROM THE AUSTRALIAN BUSH — Ann Neate. Soft cover, 50 pp, Aust. RRP \$4.95.

This book contains some wonderful gift ideas, all of which can be made from natural resources found in the bush. Jewellery, Christmas decorations, hair combs, photograph frames are just some of the ideas.

MAKING YOUR OWN COSMETIC AND FRAGRANCE BOOK — Elizabeth Francke. Soft cover, 179 pp, Aust. RRP \$14.95.

Elizabeth Francke has written a wonderful book on making your own cosmetics and fragrances. She provides an alternative to commercial cosmetics and will reintroduce you to the pleasures of lotions, creams, soaps, shampoos and fragrances made from natural and readily available ingredients. The thousands of recipes contained in this book are easy to follow, are relevant to our conditions, and are presented attractively. The author never loses sight of the fact that real beauty and health come from within and we do have control over the way we look.



GARDENING

THE BOOK OF HERBS — Dorothy Hall. Soft cover, 211 pp, UK. RRP \$5.95.

In this complete and thorough guide, Dorothy Hall shows you how to grow herbs and how to use them in cooking, for health and beauty, for improvement of the soil and to control garden pests. Her approach to health foods and medicines and to conservation and ecology makes this a reliable guide to herbs and their natural and non-polluting uses.

GROW NATIVE — Bill Molyneux. Soft cover, 154 pp, Aust. RRP \$8.95.

This attractive book is packed with practical information on creating a native garden; selecting trees and shrubs for fragrance, for seasonal flowering and for attracting birds; revitalising gardens and using natural materials in small city gardens.



COOKING

BUTTER AND CHEESE MAKING — V. Cheke and A. Sheppard. Soft cover, 96 pp, UK. RRP \$6.95.

This fantastic book will be used for years as you continue to refer to it when making butter, yoghurt, cheese and cream. Making your own dairy products is a relatively easy process as the authors of this book explain. It is rewarding and the finished product works out not only cheaper but somehow tastier.

TASTE OF LIFE — Julie Stafford. Soft cover, 128 pp, Aust. RRP \$10.95.

Taste of Life is an imaginative cookbook that presents a range of recipes based on ingredients that are high in fibre and low in fat.

BUSHMENS' BELT POUCHES — Ron Edwards. 24 pp, 135 drawings, Aust. RRP \$3.00.

Instructions on making a variety of the most common pouches are outlined in this booklet. These pouches, both plaited and straight leather sewn into the belt, are used for carrying knives, watches, tools and sharpening stones.



SOFT EXERCISE — Arthur Balaskas and John Stirk. Soft Cover, 152 pp, UK. RRP \$14.95.

This is a very comprehensive book on stretching for people of all ages, at all levels of fitness, from the athlete to the recovering heart patient or aging arthritic. Stretching keeps the muscles supple and helps develop your total well being. At this time of year stretching is more enjoyable and a great warm up for all the summer activity.

THE BILLINGS METHOD — Dr Evelyn Billings & Ann Westmore. Soft cover, 268 pp, Aust. RRP \$8.95.

The Billings Method is a remarkable breakthrough in the field of fertility control — a reliable, safe, sane method that is as effective as the pill, but has no harmful side effects. If you are considering contraception options then this method is certainly one to think about.

SWISS NATURE DOCTOR — A. Vogel. Soft cover, 512 pp, Switzerland. RRP \$6.95.

This book is a collection of the respected Dr Vogel's well tested remedies. He suggests treatment for everything from colds, sunburn and care of kidneys to advice on nutrition and treatment of varicose veins. It also contains information on homeopathic remedies.



MORE FREE STUFF FOR KIDS — Free Stuff Editors. Soft cover, 112 pp, Aust. RRP \$4.95.

This exciting book lists numerous contacts for kids to write away for free stickers, posters, games and puzzles. Kids will have a lot of fun writing to various places and receiving goodies in reply.

AUSTRALIA'S AMAZING BIRDS AND ANIMALS — David Harris. Hardcover, 24pp, Aust. RRP \$3.95.

This wonderful book will capture the interest and imagination of young readers. It contains very graphic coloured sketches and some lovely stories about the illustrated animals.

CAR GAMES — Douglas St. P. Bernard. Soft Cover, 199 pp, UK. RRP \$3.50.

If you're off on holidays or out on a Sunday drive and the kids are bored, it can be unpleasant. To relieve the tension some fun and games will make the trip a much more enjoyable one. This book has hundreds of great games to play — I'm sure you'll enjoy them.

FREE STUFF FOR KIDS — Free Stuff Editors. Soft cover, 104 pp, Aust. RRP \$4.95.

Kids love to receive mail and it's great fun (and often very educational too!) for them to open up parcels which contain posters, games and puzzles.



A GUIDE TO KEEPING POULTRY IN AUSTRALIA — Dorothy Reading. Hardcover, 141 pp, Aust. RRP \$15.95.

This is one of the very few Australian books on raising poultry on a small scale. The major part of the book is devoted to chickens; what breeds to keep, what to buy, housing, equipment, feeding, breeding and flock management. There are also small sections on ducks, geese, turkeys, Guinea fowl, pheasant and quail.

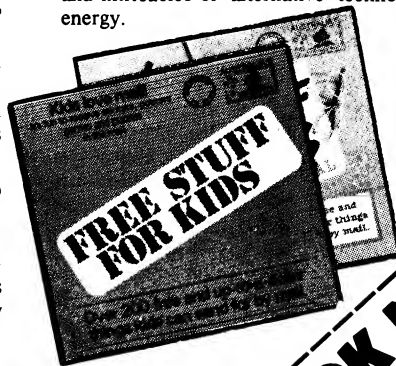
DANGEROUS SNAKES OF AUSTRALIA — Peter Mirtschin and Richard Davis. Hardcover, 208pp, Aust. RRP \$15.95.

At this time of year snakes can be a problem. If bitten it may be fatal. Whether you want to learn more about snakes for your own protection or simply because these wonderful creatures fascinate you, this book will be of much value.



SELF-SUFFICIENCY IN THE EIGHTIES — Mario & Lesley Zolin. Soft cover, 173 pp, Aust. RRP \$15.95.

Self-Sufficiency in the Eighties is a practical, down-to-earth book that discusses the best ways to heat, light and pump water into your house. The information is written so the non-technical person can understand the options and intricacies of 'alternative' technology and energy.



THE FARM AND HOME IDEAS BOOK — collected by Barbara Nielsen. Soft cover, 136 pp, Aust. RRP \$9.95.

Packed with hundreds of ideas and lots of practical information, this book will make living on the farm and home maintenance so much easier. There are instructions to make natty gadgets as well as innovative ideas to make do with what resources you have at hand.

HARD TIMES HANDBOOK — K. & I. Smith. Soft cover, 233 pp, Aust. RRP \$6.95.

Containing a wealth of practical information and advice, this book helps you do more with less. It is the type of book that will be used for years to come as you refer to it seeking information on making your own bread, cheese, yoghurt and soaps; how to make money without a job; how to set up a food co-op; how to manage a city garden and more.



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FOLK FLOWER TONICS

by Victor Roy Love, Kuraby, Qld.

This simple natural form of healing can be used by anyone to help themselves and to lessen stress, resulting in improved health without fear of side effects. It is not intended to replace any of the medical professions.

Recent discoveries here in Brisbane show that effective tonics can be made from a few of the wildflowers and some cultured flowers.

I must give tribute to the late Edward Bach (M.B., B.S., M.R.C.S., L.R.C.P., D.P.H.) for discovering the system of potentiising flowers which we use to obtain Folk Flower Tonics. We do not suggest that these Folk Flowers are Bach Remedies. Dr Edward Bach's 38 remedies are a complete system of healing to which nothing can be added or deleted. The Folk Flower Tonics are being found locally, and work very well so why not use them to help people? At present the Bach Remedies are imported from England.

Problems occurred in England with the Bach Remedies because people were potentiising the incorrect flowers, then claiming that the system did not work which was very damaging to Dr Bach. For this reason, directions for potentiising were deleted from all further literature. We stress that if you wish to make your own tonics, be sure that you positively identify the exact plants. This can be done by checking with books from a library or book shop. Many books have excellent colour photographs and descriptions to enable you to compare your specimens. If this fails, there is a herbarium in each state, but they are not always equipped to handle large amounts of plants and flowers for identification. Some herbariums charge, some are free. If you need their services, it is best to contact them and ask what requirements have to be met. Addresses are at the end of this article.

At present we are able to make available photographs of these flowers, which is one method of diagnosis. If a particular photograph of a flower holds a deep charm for anyone, it is a fair indication that they need that tonic. Of course, personally seeing and holding the flower is a better method of diagnosing.

A word of warning — poisonous plants can also attract, therefore carefully follow all instructions for preparation, and positively identify all plants.

Do not eat these flowers or plants. At least one of them is poisonous. Use them only as directed and they will be quite safe. No responsibility can be assumed by the author for the negligence of any person in this matter.

These tonics work well in conjunction with the pendulum or any other system of inspired diagnosis, such as holding the hand or one hair (the follicle if possible) of the patient and 'feeling' for the right tonic. Those that 'feel' the best are indicated tonics. It is best not to mix too many tonics together because the more they are mixed, the slower the healing action — if any at all.

How the Tonics Work

Flowers are given to sick people, or any person for that matter, to make them feel better, to cheer them, and make

them happier. In the same way, we give flower tonics to improve health and to increase wellbeing.

By taking from one to four or more drops of tonic (depending on the strength to which it has been mixed) in a small amount of water at least four times daily, a soothing calming effect can be obtained if the diagnosis is correct. For long-standing problems, it may take a month or more to correct the stressful condition. These tonics work via the taste buds through the nerves to the brain where balance is restored between our conscious mind and our soul. This gives a harmonising effect to the parts of the brain that control the body and its various functions, thus helping to promote health.

When diagnosing, we must look to the problem of the real person and their emotional state, not just the physical presentation.

If a particular Folk Flower holds a certain charm for anyone, give the tonic and, if possible, allow them to look at and hold the flower. But don't forget poisonous plants can also attract.

How to Convert the Flowers to Tonics

First the flowers are placed in a glass bowl of pure rainwater and left in the sun for a few hours (sun method). Some types of flowers are simmered in rainwater in a saucepan (not aluminium) for 20 minutes (boiling method). This liquid is mixed with equal quantities of brandy and is called tincture or essence. This makes the aqueous infusion, proportion of 0.5 or 50 per cent of that particular flower.

The next step is to make stock. Take one part of tincture and mix it with 100 parts of brandy. This makes the aqueous infusion of the flowers of 0.005 or 0.5 per cent.

The final step is to make ready-to-use tonics. Take one part stock and mix it with 100 parts of base. (The base can be either all brandy, or a mixture of water and brandy, depending on climate. Brandy keeps best in hot weather.) This makes ready-to-use tonic at the strength of two drops or more to a dose mixed in a small amount of water. The amount of water is not critical, anything from a teaspoon to a quarter of a glass sipped slowly four times daily.

Although when making the tincture of a new flower for the first time, we may have an inkling of what emotion or stress it is related to (by a sixth sense of course), we do not add it to the Folk Flowers until it has been tested by giving relief to at least two different people. Then their reactions are analysed and compared.

Instructions for the Folk Flowers

Only an experienced person should handle or use the stock set. There is no way of determining if the tonics have been mixed or polluted. You must be sure that only trained people use them. Leave the household set for everyone to use. Do not use bottles for your household set with nozzles that are attached to the lid. They are too easy to mix.

The stock set is in glass bottles. When you have studied all

of this literature thoroughly, buy some brandy (not Brandivino, not whisky, not rectified spirit as used by chemists — it must be brandy). Also, obtain some labels for your bottles from a stationer.

To make your household set, decide if you want to have it strong enough to take one drop as a complete dose or two or four drops, and mark the labels accordingly. Also mark the name of the flower on the top of the label.

These tonics will only be as perfect as you make them and how you keep them. If you put the wrong drops into a bottle and then become flustered you will have to throw away the suspect bottles if you cannot be sure what labels to change.

These tonics are very easily mixed with each other. This must not happen! Do not put the wrong lid on a bottle. Each bottle has its own lid and to put a lid on a wrong bottle will mix the two tonics together. This will weaken the action of each tonic slightly, and eventually if you keep doing this the tonics will not work at all.

Bottling

1. Write out all the labels.
2. Place them on the bottles you are going to use.
3. Work on one bottle at a time. If you are having one drop to a dose in the household set, put four drops of stock into the bottle then replace the lid on the stock bottle and fill the household bottle with brandy. If you want two drops to a dose use two drops of stock. If you want four drops to a dose use one drop of stock. Do not use a funnel or the tonics will be mixed up and useless.

You may argue why not put the brandy in first. The answer is, it mixes better if you put the small amount in first. If you want to be really fussy, pour a small amount of brandy onto the drops and wait a few seconds before you proceed to completely fill the bottle. Keep a small jug for this purpose only. Never put any flower tonic in it. Keep it in a sealed plastic bag to keep the dust out. When placing the drops in your household bottle, try to put them into the bottle without touching the neck with the drops or the stock nozzle.

The reason for this is that you have to touch the top of the household bottle with your jug when pouring the brandy. If by chance one or two drops of stock do run down inside the neck, pour into the bottle from the other side with your jug to lessen the chances of touching the stock drops with the jug. When placing the drops I sit with my right hand on my left fist which is on the table beside the bottle.

4. If they are plastic bottles, place the nozzle in the bottle before you screw on the lid.
5. Screw on the lid firmly, but not too tight because plastic bottles can crack.
6. Proceed until you have completed the set.

When tonic is required (from the household set), place one drop or whatever in from one to four tablespoons of water and sip it.

To Make a Personal Mixture

You can work from the one drop set or the stock set. The number of drops recommended are the minimum, more can be used if you wish. If you are working from the stock set, use two drops of each indicated tonic in a new bottle and fill with

brandy — this will be two drops to be taken in water. If you know that the bottle can be kept in a cool condition use 50 per cent water (brandy is expensive). In a cold climate you can use more water (about 80 per cent). Try to keep the number of tonics to a minimum for the quickest results. In order to do this, treat the conditions that the patient has acquired most recently first, and give their main remedy. You can mix six together as a maximum number.

To make a personal mixture from the one drop set, the patient may need four different flower tonics. Place 30 drops of each tonic into a new bottle, and the recommended dosage is four drops each time, four times daily for a week. Do not fill the bottle with brandy or you will have to increase the drops to be taken depending on what the bottle holds.

Always label bottles. Whenever you buy a new type of bottle see how many drops of brandy it holds. It may be necessary to increase the drops to be taken. The average is 240 drops for a 15 ml bottle.

I hope this has been of sufficient interest to start you looking towards plants, flowers and trees as a beautiful, gentle, and effective way of healing. Don't forget that when treating yourself or another person, you must treat the troubled state of mind or stress first. Then you have opened the door for other types of healing to work, where they may not have worked before, be they allopathic or naturopathic. Never underestimate the power of the mind.

If anyone feels that they can contribute to this system of healing, their comments would be much appreciated. I am sure that there are more advances to be made with this work. We need feedback from you when you achieve results, so that we can present the indicated reason for each tonic more accurately in the future. It will be by public support that this work will keep expanding, making more tonics available in the years to come.

We have available a comprehensive booklet on the Folk Flower Tonics, containing further detailed information on potentising, plus a full set of colour photographs of all the flowers and plants — price \$25. Roy Victor Love, 43 Didcot Street, Kuraby 4112. Ph: 07-341-3592. (Roy is also the author of the *Lost Philosophy of Love*.)

Director, National Herbarium of NSW, Royal Botanic Gardens, Mrs Macquaries Road, Sydney 2000.

Director, Royal Botanic Gardens and National Herbarium, Birdwood Avenue, South Yarra 3141.

The Director, Western Australian Herbarium, Department of Agriculture, George Street, South Perth 6151.

Dr A. E. Orchard, Tasmanian Herbarium, c/- Botany Department, University of Tasmania, PO Box 252 C, Hobart 7001.

Chief Botanist, State Herbarium and The Botanic Garden, North Terrace, Adelaide 5000.

Officer-in-charge, (Herbarium), Conservation Commission of The Northern Territory, PO Box 1046, Alice Springs 5750.

The Director, Botany Branch, Department of Primary Industries, Meiers Road, Indooroopilly 4068.

Next issue we will feature individual flower descriptions and the imbalances for which the essences can be used.



CRYPTIC GRASSWORD

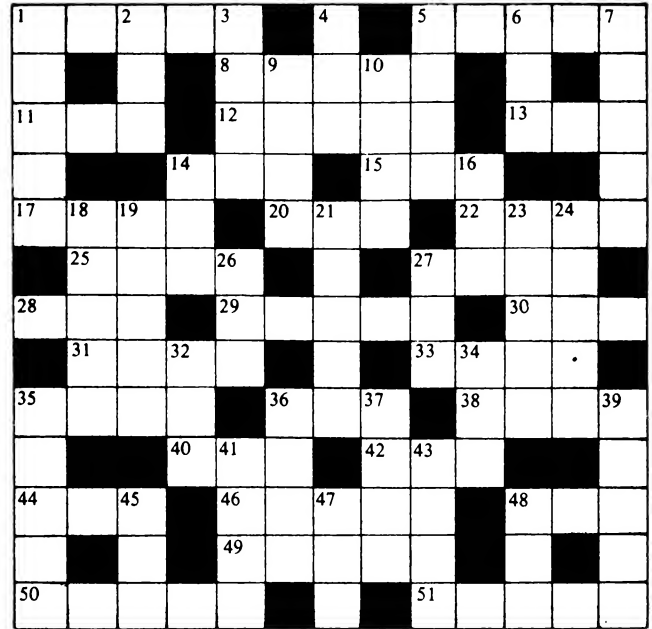
by M. Riley, Newborough, Victoria.

Across

- 1 & 5. Down-to-earth magazine sounds like an orgy for addicts. (5,5)
8. Shape of a moon.
11. Bird in a bowl.
12. Ear that is used by an eagle.
13. Healthy measure.
14. Miscalculate in fishing for herring.
15. Matured in a golden cask.
- 17 & 20. Post hole? (4,3)
22. Change coin for an idol.
25. Troubles to take risk.
27. Picture break.
28. Mineral bearing rock in Oregon.
29. Make ashamed, through a big hit.
30. Delve indignantly.
31. A dozen owners have enough inside.
33. Story thread.
35. Paradise found in need.
36. Animal among the lasses.
38. Perceive handle.
40. Layed without mortar.
42. Inept but favourite.
44. Spanish river in Marion Bay.
46. Return lager of a king.
48. Camp ignored swine within.
49. Arranges tides.
50. Stem return of warts.
51. Duck down.

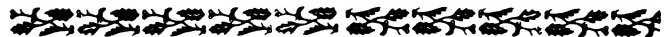
Down

1. Brush off for a bride.
2. Everybody in the hall.
3. Sail yard.
4. Used to seal or sail.
5. Returned leer in dance.
6. Started race in Coff's Harbour.
7. South Australian tan arranged for the devil.
9. Plant in sherbet.
10. Not one in six were Indians.
14. Infidel keen to contain deer.
16. End of sound within, though still a noise.
18. Well dried and publicised.
19. I reneged over girl.



21. Stones found in lap so arranged.
23. Raced to form a nucleus.
24. Express opinion on pie mix.
26. Spotted tool.
27. Not pushy but almost.
32. Single though not all alone.
34. Rear of craft.
35. Counts for scrambled laser.
36. Raged but finally mellowed.
37. Expecterated in the past.
39. A regal return for a drink.
41. Ogre well developed inside.
43. Otherwise, if not in Belsen.
45. Paddle but not wade.
47. Trap spirit.
48. Seed bed?

Solution on page 73.



Well-Kept Apples

A good way to keep apples crisp is to store them in a well. Put apples in plastic pails — make sure the lids are tight. Drill small holes in the sides of the pails to let in air. Put a strong stick across the top of the well to hold the pails. Hang the pails in the well with sturdy ropes or wires. You should hang them high enough so water won't get in the pails, but low enough so they won't freeze. This is the best storage method I have ever tried.

Mary Key.

STITCHED WIRE-WEED BASKET

by Heather Chaplin, Ridgehaven, SA.



Requirements

Wire-weed (*Polygonum aviculare*)

Bucket or bath for soaking stems

Thread for stitching — split flax or cordyline leaves, raffia (natural) or linen

Strong needle (a sailmaker's needle is ideal)

Scissors or snips

Patience (the first is the worst)

The stems are picked during the summer, or at the end of summer, and left in an airy place to dry. The time of the season the plant is picked determines what colour it eventually dries. The beginnings for stitched or coiled baskets are the same for the first round. Soak stems for about one hour, then remove from water and wrap in an old towel to keep damp. Soak only what amount you think you can use in a session, as continual soaking and drying will start fibre deterioration.

Take a bundle of stems the thickness needed (not too thick at first as it is harder to handle). Form into as small a ring as possible. With needle thread, work about 12 buttonhole stitches around the circle (see fig. 1). The ends of the stitching thread are tucked in the coil so they don't show.



At this stage you can tug on the stems protruding from the stitching to reduce the size of the centre hole. Start glove stitch now, twice into one hole (see fig. 2) around strands of coil to form V stitches. Continue stitching around the circle, each stitch being stitched through the top of the previous round. More stems can now be added to thicken the coils so that the work grows more quickly. As the work progresses, the space between the Vs becomes wider — keep as even as possible. As the Vs widen you will need to insert extra stitches to keep the basket firm and even (see fig. 3). Keeping the thickness of the coil even by adding new stems as needed, work out to size the base required.



The next step is to adjust the position of the coil to work up the sides of a basket. A straight-sided basket at this stage will be worked from the outside, a bowl-type basket from the inside, as this is the part of the basket most seen. Work should look neat! For a straight-sided basket the next round goes immediately on top of the last round. For a bowl shape the coil is stitched halfway up the outside of the coil of the previous round. To decrease the basket opening, stitch rounds halfway forward, the inside on top of the previous round. Continue in this way until shape and size needed are achieved.

To finish off, taper the coil down, to end at the same place as the basket side was started. Other fibres which are suitable are grapevines, couch grass, pine needles, iris and watsonias, and leather can be used for the stitching.

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RUSSIAN SETTLERS' DRESS

Replacing a Tank

by Christine Taylor, Black Forest, SA.

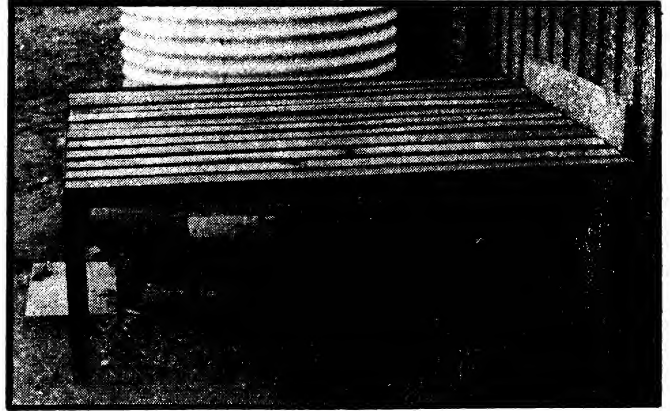
We were fortunate that a friend gave us a nearly new tank just after we put up our first shed. Once one has a roof one becomes aware of the water that can be collected from it particularly when on a scrub block with no water, power or other facilities. But it was not long before I became tired of having to bend to the ground to reach the tap of the tank. So we decided to buy another tank, one that would sit on a stand with the tap higher off the ground.

We were limited to the size of tank we could use because it had to be higher than the roof or the gutter would not fit. However, it is possible to obtain short squat tanks as well as tall ones. In fact, the range of tank sizes is quite amazing. They are usually listed by capacities but for each capacity there are three or four diameters, and for each size you can find two or three different top shapes so that the choice is rather bewildering.

Anyway, we chose the new, squat tank and loaded it on a trailer. When we took the first tank up it had been a still day, but I discovered just how different towing a tank is on a windy day, especially a larger diameter tank. The top of the tank actually flexed so you could see it moving and the bings and bongs as it flexed sounded almost disastrous to me. However, the tank arrived without any damage and we only had the installation to worry about.

Because the new tank was to go into the space occupied by the old one we had to plan carefully. Geoff made a new tank-stand of the right height above the ground for the new tank but hollow so it could be built around the old tank as it stood (with the last side open, to be added on the spot).

We placed a couple of sheets of thick polyurethane (the hard white sort) on the ground near the old tank and stood the new one on this first. Then we started a day of pumping water. We had a petrol driven pump and it had to work hard all day.



The completed tankstand.

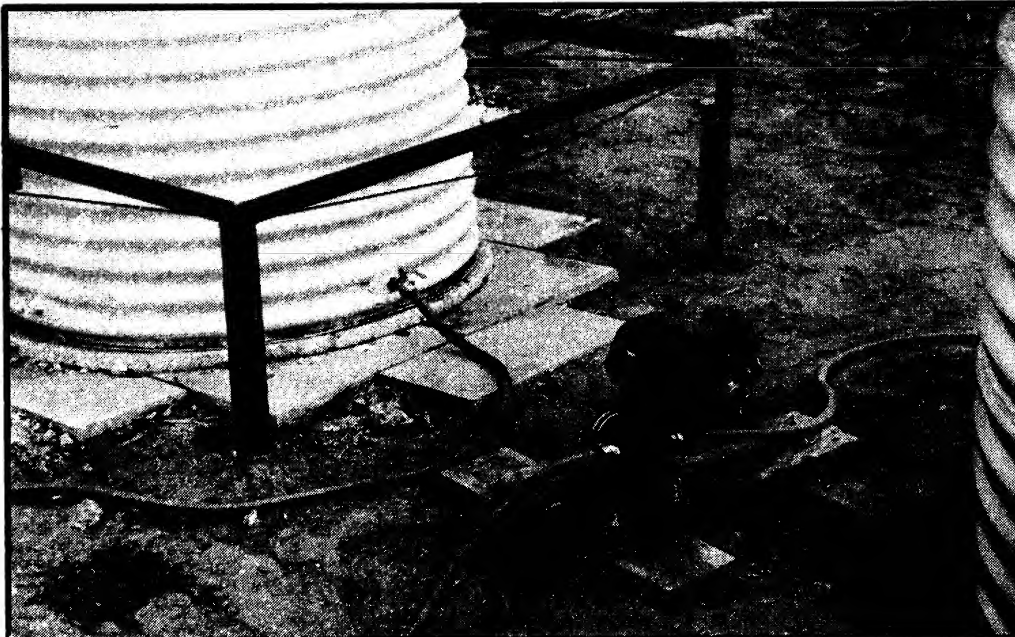
First we emptied the water from the old tank into the new one, then we moved the old tank out of its place and finished the new stand.

The stand was made of a welded steel frame with planks of wood laid across the frame. It raised the new tank about two feet above the ground. This is about the normal height of domestic tanks and is a convenient height for most purposes.

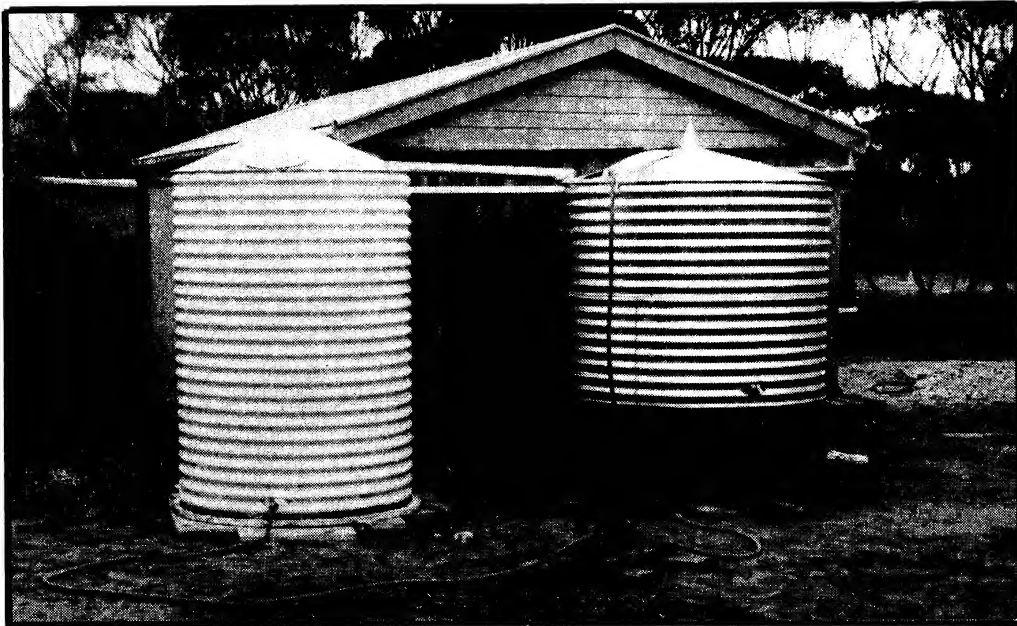
We laid some more polyurethane sheets with timber slats on top, on a well smoothed place on the ground in the position in which the old tank was to be moved to. Then we pumped the water from the new tank back into the old one!

When the new tank was empty we disconnected everything and lifted the new tank onto its stand. Then we pumped the new tank about half full from the old one.

If you feel confused, I am not surprised! So were we when trying to work it all out beforehand. As I said, we wanted a tank that was raised above the ground so we could reach the tap more easily. But the new tank had to be where the old one was



Pumping water from the old tank with our trusty petrol driven pump, a long and arduous job.



The new tank in place on the stand with the tap at a more reasonable height for use. Note also the overflow pipe on the new tank running into the old one. In this area every drop of water counts.

because of the roof height and the guttering. So we had to move the old one to a new spot and then we had to put some of the water back into the new tank or we still wouldn't have had a working tap at a useful height!

We also took the precaution of tying the new tank down to its stand because if we used all the water from it, an empty tank on a stand can be lifted by a strong wind and damaged surprisingly easily.

We also connected the overflow of the new tank into the old one — we are always optimistic. This involved cutting holes in the sides and soldering the pipe in place. The shape of the hole in the side of a corrugated iron tank to fit a round pipe is very strange. (I am glad Geoff knew how to do it — I just hold things in that situation!)

The pumping took all day as we had about 400 gallons to move twice and 200 gallons to move once. The petrol tank lasted for about 300 gallons. We spilt no more than ten gallons onto the ground.

For the technical minded, here are a few of the details.


The petrol pump was a rubber roller, positive displacement type with half inch BSP inlet and outlet hoses. The pump, with an electric drive, had previously been used to empty our daughter's water bed when she moved house and was a lot quicker than just using a hose.

To tie down a tank you lay a length of wire around one of the grooves, about half way up the tank — manoeuvring that into position with two of you and a five-foot diameter tank is quite a hilarious job. Next you feed four lengths of wire under the ring (before you pull it tight). Then after you tighten the ring you tie the ends of the four pieces of wire to the stand. In this way the tank is held in all directions.

The old tank has since been replaced with a larger diameter but same height tank after the old one developed a suspicious bulge in the painted surface. The same system of pumping was followed again, but this time we used a marine bilge pump which was a great deal faster.

There is always a way, isn't there?

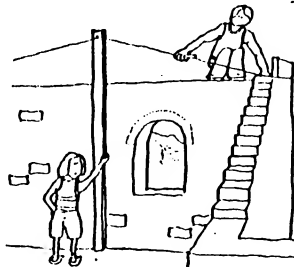
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Poetry

EVENING STUDY

Under the mountain

*The paddocks where the parrots call are quiet.
Two kingfishers sit on the pole, with burning cry.
A cloud covers the sky in pale grey light.*

Across the paddocks

*Cattle quietly grazing at the grass down by the creek,
While the tall old tallowood stands, deep in thought,
Two shiny black cockatoos fly over the mountain peak.*

*It is summer, and soon the wind will have gone,
cloud will have gone,*

And the whisper of the wind in the gum.

A rumour of wind as I rode on my horse,

A song of the wind that the silver leaves hum.

In the corn paddock

The dead crow hangs, a grim mistake,

The dry twigs crunch beneath my restless foot,

The twigs lie, soft, dead, like sleeping snakes.

At the bird-call

The sun is painted in jewel stripes,

The grass is painted in jewel stripes,

The wind is painted in jewel stripes.

It is summer, and soon the rain will have gone,

The grass is brown dry,

The grass is brown dry with buzzing insect bites,

The grass is brown dry like lonely cry.

Sophie Masson.

TILL THERE'S NO TICK LEFT TO TOCK (FOR WAL)

So —

*we've made it to the country
where —*

in the beginning,

we grew carrots and beans

baked bread and biscuits

early

each day.

Built chook pens

bred chooks

built more chook pens.

Rode bicycles,

laughed with the locals

and —

despite the flies,

mosquitos, mouse plagues

rising damp, parochialism,

we survive,

somehow.

Lately —

the earth seems

to be pulling us

toward its rich simplicity.

Our Herculean days

and loveless nights

are speeding up.

We chase our whispers

around the pine trees,

unaware of seasons —

passing.

Karen Pridmore.

CRYSTAL CREEK

*Above the sloping creek banks where gums and wattles grow,
Are the faded and forgotten tracks, formed many years ago
By squatters and selectors who came upon this land
To settle by the sloping banks, where gums and wattles stand.*

*And homesteads were built of shingle, stone, calico and plank
Where tracks through open country led, to winding tree-lined banks.
For the creek gave life to fertile soil and families on the land
Drew water from a crystal creek, where gums and wattles stand.*

*But houses, walls and concrete, would block and bar the way
Of long forgotten settlers should they return today
To walk from where their homesteads stood, across once open land
To sloping banks by winding creek, where gums and wattles stand.*

Trevor Ratcliffe.

THE DROVERS

*Over the plains of whitening grass
And the stunted mulga, the drovers pass
And in the red dust cloud, each side
Of the cattle, the native stockmen ride.
With creak of pack and saddle leather,
And chink of chain and bit together,
With moan of the herd, with hoots and
They came to the tanks at the sea.*

Eleonore

COMING SUMMER

*Already the heat oppresses
Steamy flannel on the skin.
A Matterhorn of cloud
hunkers on the ranges
Its canyons – illuminated battlefields
of distant lightning
The air is static.
Down on the creek
the crows feet crease the water
Birds huddle on the wire
Small tents against the rising wind.
Laurence Neill.*

Photo by Robin Taylor, Geelong West.

While the Billy Boils.....

The art of salad-making lies in a careful selection of ingredients which blend well together. Each ingredient should be prepared separately and salads are best mixed as near serving time as possible so that the ingredients do not become limp and mushy. Cooked vegetables may also be included if they are crisp and well-drained. These are often best if dressed while still warm so that the vegetables absorb the flavours of the dressing.

A dressing may be sweet or sharp or mellow, but the object is to heighten the natural flavour of the vegetables or fruit, not to drown them. A final touch of sea salt, freshly-ground pepper and a sprinkling of chopped fresh herbs will make any salad ambrosial.

New and Natural Salads — Mary Norwak.

Beetroot and Almond Soup

- 2 tbsp butter
- 4 large fresh beets with leaves
- 2 large onions, chopped
- 2 cloves garlic
- ½ cup almonds, chopped
- 3-4 cups vegetable water or stock
- fresh thyme
- black pepper to taste
- yoghurt or cream

Heat butter, add onions, garlic and peeled and chopped beets and leaves. Saute for 5 minutes. Add almonds and stir a little longer. Add stock, thyme and pepper. Simmer until beets are tender – about 15-20 minutes. Don't overcook! Cool a little and blend three-quarters of the vegies. Return to saucepan and bring to the boil. Serve accompanied with yoghurt or sour cream, and garnished with a sprig of thyme.

Debbie Joannides, Bungendore.

Barley Loaf

- 1 cup barley
- 1 cup mashed potato
- 1 onion, finely chopped
- 2 cloves garlic, chopped
- 1 carrot, grated
- 1 cup chopped zucchini
- heaped teaspoon Vegemite
- 2 eggs
- 2 cups wholemeal flour

Mix all ingredients together. Butter a loaf tin, turn ingredients into tin. Cook at about 180°C (350°F) for about an hour or until firm and golden on top.

Jackie Owen, Kingaroy.

Italian Rice Savoury

- 200 g (½ lb) brown rice
- 60 g (2 oz) fat
- 1 medium onion
- 0.5 litre (1 pint) stock
- 1 cup tomato pulp
- 60 g (2 oz) grated cheese
- pepper, salt, a grate of nutmeg

Cook onion in melted fat then add washed rice and cook together for three minutes. Add remaining ingredients except the cheese. Simmer until the rice is tender. Stir in the cheese and serve immediately. Garnish with diced boiled eggs and chopped mint.

Carolyn A. Mowat, Upwey.

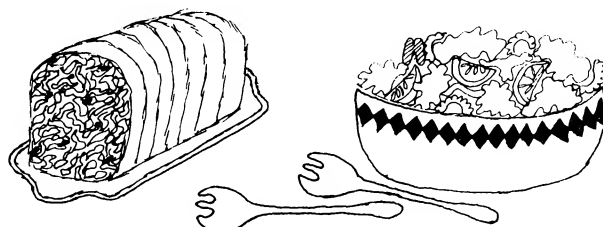
Pawpaw and Onion Bake

Underripe pawpaws are used in this recipe. The pawpaw flesh should be light orange and firm. Layer slices of pawpaw, onion and breadcrumbs in an oiled casserole dish. Sunflower seeds can be sprinkled on top or throughout. Put on lid and bake in oven. This dish goes particularly well with lamb.

Miriam Garrett, Broome.

Judy's Herbal Punch

Make a tea combining lemon balm, borage and apple mint. Add any fruit juice you fancy, especially apple, pineapple, apricot, orange, and as much lemon juice as you can squeeze. Boil together one part water and two parts sugar. Add ice and ginger ale, and garnish with borage flowers, nasturtiums, salad burnet and mint. Serve icy cold.



Herb Salad

- two-thirds cup corn oil
- one-third cup apple cider vinegar
- 2 tbsp olive oil
- 1 clove garlic
- 1 tsp salt
- ¼ tsp pepper
- 2 heaped tbsp plain yoghurt
- 8 large basil leaves
- 1 tsp sweet marjoram or oregano leaves
- 2 tsp summer savory leaves
- 2 tsp sweet fennel greens or dill
- 1 tsp poppy seeds

Blend all ingredients but poppy seeds for a few minutes. Add poppy seeds. Store in a glass jar in the refrigerator for at least a day. Make a salad with fresh washed greens, shredded carrots, sliced garden tomatoes, cubed cucumber, onion rings, alfalfa sprouts, sunflower seeds, raw cashews, cubed Swiss cheese and sliced egg. Toss with herb dressing.

Mark Lesley, Mooroopna.

Tropical Fruit Cake

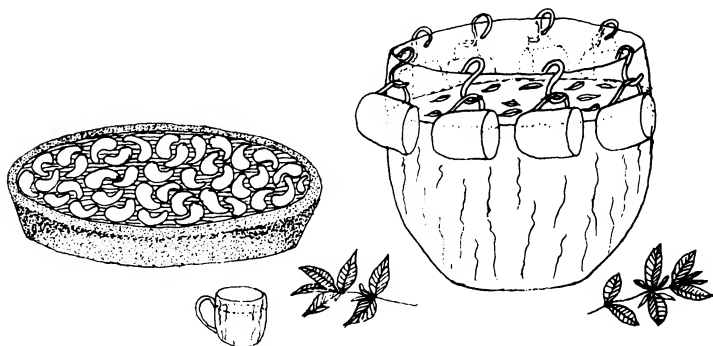
- ¾ cup figs
- ¾ cup sesame and sunflower seeds
- ¾ cup pecans
- pineapple and mango, thinly sliced
- mashed banana
- ½ cup chopped pecans and walnuts
- mashed pawpaw
- passionfruit
- honey
- cottage cheese

To make the base blend the figs, sesame and sunflower seeds and three-quarters of the pecans, and press this mixture into a spring-form cake tin. Then top this with a layer of pineapple and mango, thinly sliced; a layer of mashed banana, chopped pecans and walnuts, and a layer of mashed pawpaw mixed with finely chopped pineapple. Spread passionfruit pulp over the top. Use a cake icer to decorate with a cottage cheese and honey mix. Cake should be refrigerated for several hours before use.

Frances Mahoney.

Meredith's Peppermint Punch

Start off with 1 litre strong peppermint tea and ½ litre of normal apple mint tea. Add the juice of two large lemons, 2 litres natural apple juice, and the juice of four large oranges. Add honey to taste (about 2 tbsp) and garnish with apple and peppermint leaves and lemon blossoms. Serve icy cold.



Cashew Honey Pie

Crust

- 1½ cups rolled oats
- ¼ cup sesame seeds
- ½ cup whole wheat flour
- 3 oz butter
- 2 tbsp honey

Melt honey and butter together then mix with other ingredients. Press mixture into a foil-lined pie tin.

Filling

- 4 eggs
- ¾ cup honey
- juice of half a lemon
- 1 tbsp cointreau
- 2 cups unsalted cashews

Beat together all ingredients, except cashews, until light and smooth. Spread cashews into unbaked pie shell, then pour over egg mixture. Cook in moderate oven for three-quarters of an hour or until firm.

LA.

Honeynut Pie

Crust

- 100 g almonds
- 100 g walnuts
- 100 g hazelnuts
- 50 g sunflower seeds
- 50 g sesame seeds
- honey

Filling

- 100 g dates
- 50 g sultanas
- 2 dsp carob
- 2 large ripe bananas
- 3 dsp cottage cheese.

Grind sesame seeds finely. Chop nuts and sunflower seeds. Place these in a bowl and cover with honey. Soak from three days to a week. When ready to make the pie press this out onto a tray to form the pie base.

Soak dates for four hours. Soak sultanas for eight hours. Mash dates and bananas and whip up with carob and cottage cheese. This is best done by hand as the mixture should be stiff. Stir in sultanas. Spread over pie base and decorate with banana and sesame seeds.

Yvonne Harris, Brisbane.

Apricot Ice Cream

- 2 cups water
- 1 cup cashew nuts
- 2 tbsp tahini
- 1 cup honey
- 2 tbsp pectin
- 3 cups pitted apricots

Blend all together. Blend again when nearly frozen and return to freezer.

Teresa Kleidon, Helidon.

Banana Bread

- 2 cups plain flour
- 2 cups wholemeal flour (or any combination you like)
- 1 tsp baking powder
- 1 tsp baking soda
- ½ cup butter or substitute
- 1 cup dark brown (or light) sugar or ½ cup raw sugar and ¼ cup of dark honey
- 2 cups of really ripe mashed bananas (6-8)
- handful of currants
- handful of sultanas
- few chopped dates
- ¼ cup milk
- 1 cup chopped nuts

Mix together the flours, baking powder and soda. Cream the butter and sugar until light. Then beat in the bananas, currants, sultanas, and dates. Stir these ingredients into the flour mixture in three parts (until they are all blended) alternately with the milk. Then add the chopped nuts. Place the batter into an oiled loaf tin and bake it in a moderate oven for about 50-60 minutes. Then top with chopped nuts and glaze with milk. Leave in oven for a few minutes longer.

Lorraine Guagnin, Bullsbrook.

Kids Pages

Hi Kids,

School's nearly finished and I'm counting the days to Christmas. I have an Advent calendar and I can't wait to start the countdown. I'll soon be nagging David and Meg about getting the Christmas decorations out. I'm always the last in my grade to decorate their tree.

At last I've paid Meg and Dave for my silkies. I ended up using some of my birthday money. And they have some babies! The chicks look like little balls of fluff and are very mischievous. Our incubator is now on so we also have lots of turkey poults and a few Guinea keets as well as the chickies. They are so cute.

David bought one of the cows over from the farm at the weekend and she had a calf. He (pity) is the dearest little thing with a white heart on his forehead. We call the cow Blossom but haven't thought up a name for him yet.

A friend came the other week and helped me put new tyres and tubes on an old bike we had here. I also put a mirror on (which broke) and a bell and we're going to get some paint so I can paint it. I can still ride my old bike but it is so small. We're doing bike safety at school so I have to take it in one day a week.

Hope you like the Kids Pages. Have a great Christmas,
Sunshine Miller.



For the Older Kids

HOMONYMS

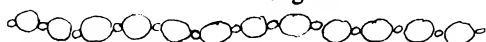
Write the animal word which is a homonym for:

bore.....
line.....
cheater.....
hoarse.....
you.....
dear.....
dough.....
bare.....

WORDS WITHIN WORDS

This one is lots of fun and may give you ideas for creating words within words for yourself. Look at the words below and see if you can find any farm words inside larger words.

scowl	washed
bullet	scream
rusty	Cathay
board	lengthen



A man had short sight so he went to the optometrist. 'Come outside for a minute', the optometrist said, 'Can you see the sun?' The man said, 'Yes.' Then the optometrist said, 'Well how far do you want to see?'

TOYS

Sam Byrn.

*Toys are wonderful
Toys are good,
Toys aren't bad
Like Robin Hood.*

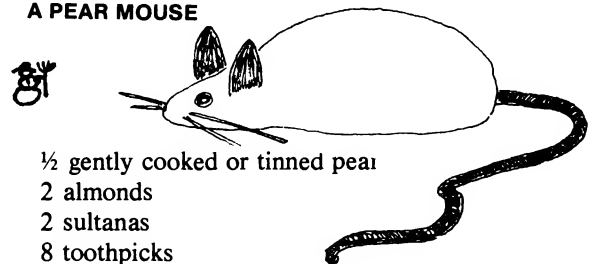
*They are nice to sleep with
Good to play,
In the woods on a summer's day.*

A CHRISTMAS POEM! by Sunshine Miller.

*It's Christmas again
And goodwill to all men
Christmas bells are ringing
And choirs are singing
Santas are out on the street
Giving 'prezzies' to all they meet
Christmas Eve and excitement is in the air
Kids wondering if they'll get dolls or a teddy bear
As each child goes to bed
Hardly able to sleep for the whirls in their head
Then it's Christmas morning at last
And all the kids get dressed so fast
To see what 'prezzies' they will get
One boy got a racing car set
And a girl got a doll that wets
And dad got six cans of beer
So have a Merry Christmas and a Happy New Year.*

COOKERY CORNER

A PEAR MOUSE



½ gently cooked or tinned pear
2 almonds
2 sultanas
8 toothpicks
1 thin liquorice strap

Place pear, core side down on a plate. Wriggle in the almonds so they stand up like ears. Place sultanas for eyes and anchor with half toothpicks. Use toothpicks to form whiskers. Finally make the tail for your mouse from the liquorice strap.

SIMPLE CHRISTMAS WREATH

You will need:

aluminium foil plate
coloured ribbon
glue
glitter or other decorations
scissors
pencil.

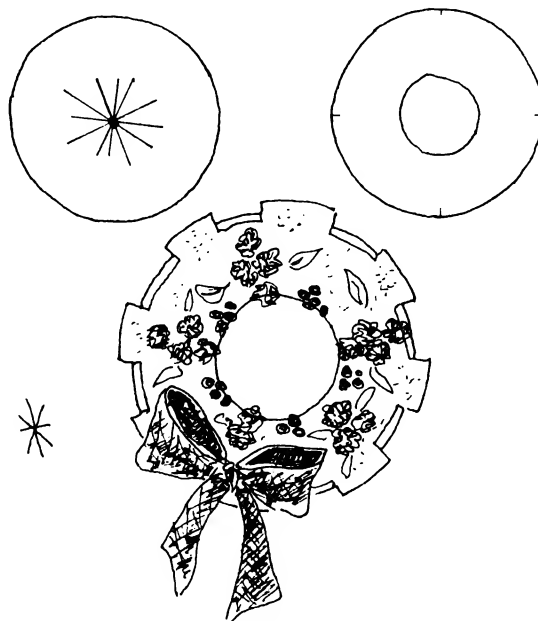
Make a small hole in the middle of the plate.

Cut sixteen slits around this hole and push the foil to the back of the plate. You will now have a reasonable sized hole in the centre and the plate will look more like a wreath.

Mark and cut about sixteen slits around the outer edge of the plate, and gently pull every second segment of card forward a little.

Glue on any decorations you have made or any leaves and dried flowers or gumnuts you have on hand. Add glitter to highlight these decorations.

Tie the ribbon in a bow and glue to the bottom of the wreath.



CHRISTMAS TREE DECORATIONS

You will need:

gumnuts, seedpods, cypress nuts
coloured ribbon
spray paint — either gold or silver
string.

Collect single stemmed clusters of gumnuts, cypress nuts or large seed pods from parks, gardens or the bush. Choose clusters that have a small stem on them, about 60 mm is fine.

Hang the clusters from a piece of string and spray gently with the paint. Allow to dry.

Tie ribbon to the stem of each cluster, forming a bow to cover up the stem. Hang from your Christmas tree.

For instructions on more Christmas gifts and toys to make, look up your old copies of *Grass Roots*.

GR 34: Make Some Christmas Decorations, p.71.

GR 40: A Special Christmas Tree, p.67.

GR 46: Christmas Cookies, p.62; Pen or Pencil Holder, p.63.

RIDDLES

Q. What is a bug from the moon?

A. A lunatic.

Q. Why was the skeleton sad at the dance?

A. Because he had no body to dance with.

Q. Why did the little girl think the cook was mean?

A. She saw him beating eggs and whipping cream.

Q. I am not an airplane, but I fly through the sky. I'm not a river, but I am full of water. What am I?

A. A cloud!

Sent in by Sam Byrn

What do you get if you cross a cinema with a swimming pool?

A dive-in theatre.

Hand Paints

¼ cup water

½ cup flour

½ cup liquid detergent

Mix together these ingredients then add food colouring or powder paint.

Growing Australian Plants

Part IV

by John Mason, Lilydale, Victoria.

This series commenced with information on the uniqueness of Australian flora, then went on to discuss cultivation and propagation, pruning, mulching and using raised beds to provide well drained soil. Last issue featured two specific natives, eucalypts and casuarinas, together with descriptions of common species and practical, how-to-grow information.

Grevilleas

Apart from eucalypts and wattles, grevilleas are probably the most widely grown group of Australian plants. This genus of the Proteaceae family contains an extremely diverse variety of plants. Trees, large bushes, small shrubs, creepers and even semi-climbing plants are to be found amongst the grevilleas.

Most grevilleas are easily propagated by cuttings taken in late summer/early autumn. The taller shrub and tree type grevilleas (eg. *Grevillea banksii* or *G. robusta*) are often grown from seed — burning treatment is required.

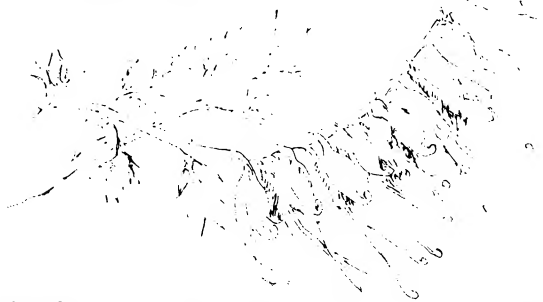
Even though many grevilleas are very hardy and will tolerate a wide range of conditions, ideally, most prefer a soil which has relatively good drainage. Both iron and nitrogen deficiencies can often be a problem with grevilleas.

There are hundreds of varieties of grevilleas now in cultivation. They flower for long periods and provide a diversity of colour which make them a must in any garden.

LOW GROWING GREVILLEAS

G. thelemanniana A creeping plant with finely divided leaves spreading to approximately 1.2 m (4 ft) in diameter. There is both a green and blue/grey leaf form. Flowers are red. The flower colour strikes a greater contrast against the grey form making it more desirable than the green leaf form. A bushy form also exists.

G. thelemanniana



G. tridentifera This variety, biternata, with green divided foliage somewhat more rigid than *G. thelemanniana*, is a very hardy and rampant creeper which grows to over 5 m (16 ft) in diameter. It has white flowers on shoots which grow up above the main creeping plant.

G. rosmarinifolia Probably the most commonly grown grevillea. Called rosemary grevillea because the foliage resembles rosemary in both shape and being slightly prickly. Many different forms are available: Pink Pear has pinkish flowers (most have red flowers).

Jenkinsii is smaller, growing to about 1.3 m (4 ft); most forms grow to about 2 m (6½ ft) high and spread at least as much. Clearview David has foliage not quite as prickly.

Whipstick variety has a less dense foliage. This open plant can send single stems as high as 3 m (10 ft).

G. alpina

Alpina grevillea also has a great many different forms producing flowers which vary in colour from reds through orange and yellow to creams. This species is a small growing type, varying from 0.5 m (18 in) and 1 m (3 ft 3 in) high plants to smaller spreading shrubs.

G. robusta

The silky oak is a large tree which can reach heights well over 10 m (33 ft), and even higher in northern states. Large orange/reddish flowers occur in profusion, making the tree a blaze of colour.

Acacias

The genus *Acacia* (the wattles) is a member of the Mimosaceae family. (Mimosaceae is one of the three families which, combined, used to comprise the legume family.) Unlike eucalypts, wattles are found in many different countries. Over 600 different species are native to Australia, and some 400 occur in other parts of the world (mainly Africa).

At the seedling stage, all wattles have bipinnate (double divided) leaves. In the mature plant, leaves of most wattles disappear and are replaced by flattened leaf stalks (known as phyllodes). These can vary greatly in size and shape, some merely appearing as prickles.

Wattles are unreliable in terms of their longevity; many live no longer than about 15 years at the best of times. Despite this disadvantage, wattles are one of the most popular Australian natives. They are usually very quick growing and provide brilliant floral displays. Wattles are relatively hardy and a species can usually be found for virtually any situation.

Wattles have several pests, particularly borers and wasps, the latter which create galls (ie. abnormal growths) when laying eggs in parts of the plant.

Propagate acacias by seed. Seed should be hot water treated before growing.

Some commonly grown wattles.

A. acinacea

Gold Dust Wattle is a small growing plant (1-2 m or 3-7 ft) native to SA, NSW and Vic. It has broad oval shaped phyllodes up to 1 cm (¼ in) long with a small point; in spring it produces golden balls of flower.

A. aculeatissima

Creeping Wattle grows up to 10 cm (4 in) high and spreads to a diameter of 2 m (6½ ft) or so. Phyllodes are sharp thorns to 1 cm (¼ in) long. From Vic.

A. baileyana

Cootamundra Wattle is one of the most commonly grown wattles of all. The mature plant often reaches more than 6 m (20 ft) and spreads to make a small tree; foliage is a blue coloured bipinnate leaf (fern-like). It flowers over winter providing valuable colour at an often colourless time of year.

A. cultriformis

This is called Knife Leaf Wattle because of its oblique, pointed silver grey leaves (almost triangle shaped). Grows 2-4 m (7-13 ft). From NSW and Qld.

A. dealbata

Silver Wattle grows 7-15 m (23-49 ft) tall. From Vic., NSW, Qld and Tas., it has silver grey bipinnate leaves. Flowers in late winter. Grows 1-3 m (3-10 ft) and is one of the best of the shrubby wattles. From WA, it produces long tubular flowers in early spring.

A. drummondii

A. longifolia

One of the most common and hardiest wattles, widespread throughout Australia, it grows to 5 m (16 ft) with rigid leaf-like phyllodes 5-10 cm (2-4 in) long in a lanceolate shape, and is extremely fast growing.

A. melanoxylon

Blackwood grows from 7-30 m (23-100 ft) and is valuable for its quality timber. Leaves are similar in shape to *A. longifolia* with rounded ends. From SA, Tas., NSW and Vic., it flowers from July to October.

MOVING ON ?



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FRAME PLIERS

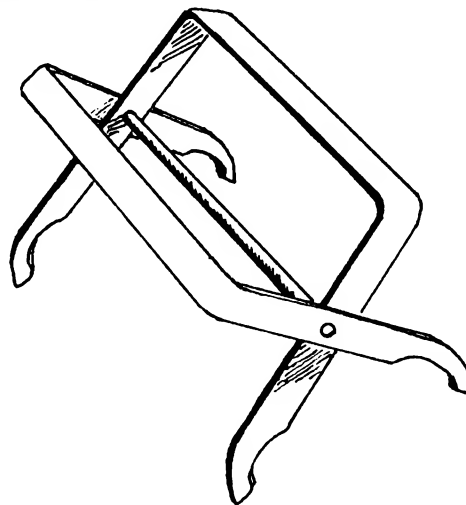
by Jean-Loup Komarover, Belgrave, Victoria.

In continental Europe they are considered as essential as veils, hive tools and smokers. They grip the top bar of a frame in two places. With them you can lift and hold a frame heavy with honey with one hand and, by a simple twist of the wrist, turn the frame to examine both sides. You keep a hand free to catch the queen or sample the honey, you save time, and, what to me is just as important, bees' lives are saved because you are able to drop the frame back into the hive slowly and delicately, without squashing bees with the ends of the top bar.

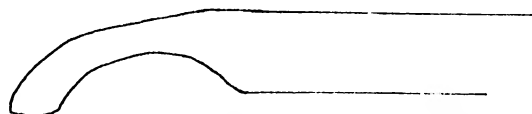
Short of ordering it from France or Germany, how do you get one? You can make it. This is how I made mine.

I cut two strips of 3 mm thick steel, 11 mm wide and 370 mm (1'4½ in) long (the width and thickness are not critical), and filed the jaws as shown in the drawing. After folding the two strips I made the articulated joint from 5 mm diameter round steel bar slipped into the holes in the steel strips. The bar is prevented from slipping back out by hammering the two ends flat.

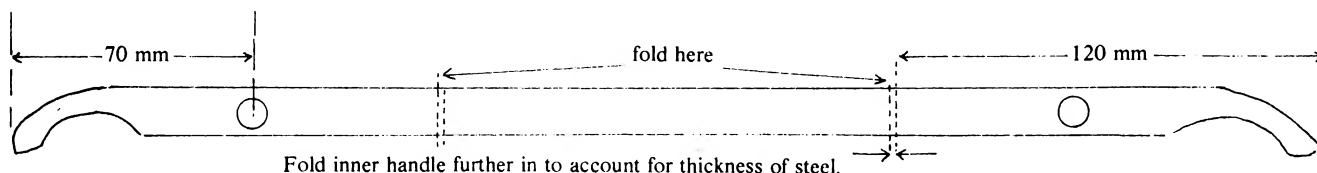
I painted the pliers vivid orange to find them easily in the grass. They are now an essential and faithful servant.



pliers jaw - actual size

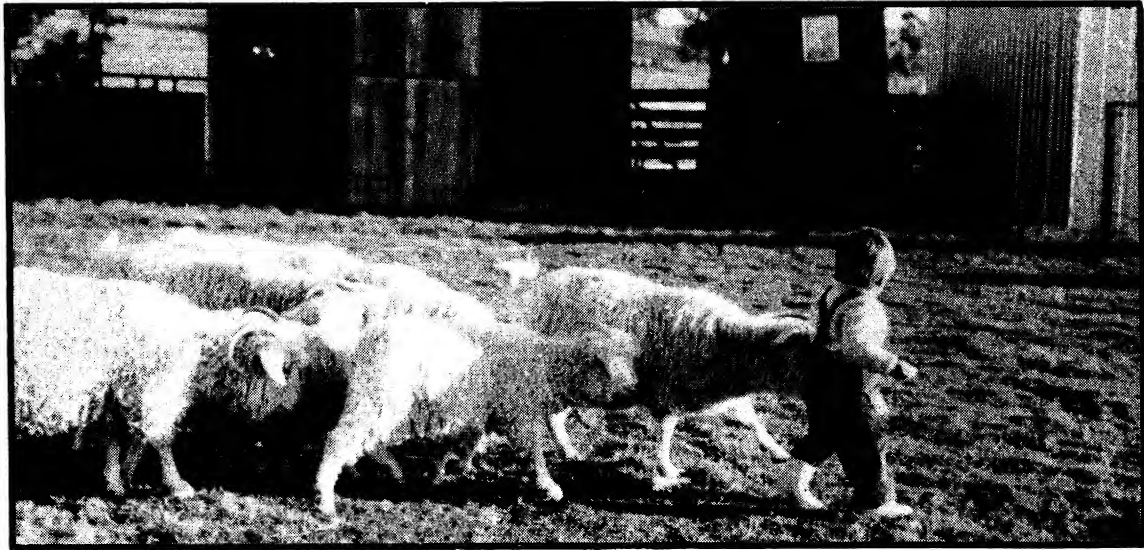


File, grind, hammer in shape.



WORM CONTROL IN GOATS ON SMALL ACREAGES

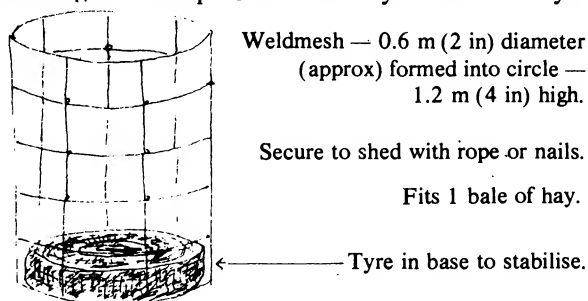
by Jenny Moncur, Yarragon, Victoria.



Goats have received a lot of adverse publicity recently concerning worms and drench resistance. We are prime candidates to develop this problem as we are heavily stocked on a small acreage that remains wet and lush for most of the year. So far we have managed our herd well enough to avoid developing a drench resistance problem, and maintained our goats in a state of relatively low worm infestation.

Do not overstock. This is not easy for most of us with limited space. Cross graze with other species, but not sheep because they share the same worms as goats. Horses and cattle are best.

Supplementary feed should not be fed off the ground as goats pick up larvae with the feed. This also increases the risk of Listeriosis. Feed grain in troughs, and hay in hay-racks. We use the following type of hay-rack, and have found very little wastage and less problems with hay in fleece and eyes.



Don't graze pasture too short. The animals pick up larvae from the soil and short grass. However, just because the grass is long doesn't mean that the animals have fewer worms. Larvae can climb grass as long as there is moisture for them.

Browsing equals worm-free grazing, so provide windbreaks of edible trees such as acacias, tree lucerne and she-oak. Remember that 90 per cent of the worm population is present in the pasture as larvae.

Goats in peak physical condition are far more resistant to the debilitating effects of worms than goats in poor condition. Also a lack of copper or cobalt in the diet can make goats

more susceptible to worms. It is advisable to confirm this by blood tests before treating, as an overdose of copper is fatal.

Don't wean kids onto the paddock in which they were born. Due to hormonal changes, the pregnant doe sheds many more worm larvae onto the pasture in the two weeks just prior to kidding than she normally would. Kids will pick these up when they start to graze, so put them on a clean paddock then.

Drenches form only a part of the battle in worm control, and as such should not be abused. Don't drench too frequently as this leads to drench resistance. Every time the worm population is exposed to a drench it is able to build up a resistance to that drench. We drench on average every three months, and change drench types every 12 months, from BZ (white) to Levamisole (clear) drenches, and then back again 12 months later. Egg reduction trials can tell if your drench is effective. Take faeces samples before drenching, then seven days later. Any reduction in the total egg number of less than 90 percent means a degree of resistance. Talk to your vet or the Department of Agriculture about this service.

Each time you introduce new animals to your herd, they should be shedded or put in a 'quarantine' paddock, and have an egg reduction trial. Only when they show no resistance to drenches should they be allowed into your herd. When drenching, do the entire herd at the same time (that includes sheep running with the goats). Don't underdose animals, and do put them onto a 'clean' or rested paddock (or one that the cow has just come off).

If single animals scour or lose condition, but the rest of the herd appears healthy, don't assume that the problem is worms and just drench that individual. It is more likely to be coccidiosis. This usually affects young animals, under two years of age, in response to stress or poor hygiene. Treat with Sulfamez. Other common causes of animals scouring may be copper or cobalt deficiency, liver fluke, or sudden changes in diet, particularly increased grain. Goats also scour in response to feed with too high a moisture content. Hay should always be accessible to prevent this.

EASY HOME-MADE YOGHURT

compiled by Anthony Lynch, Shepparton, Vic.

In GR 40 Lesley Clark of Mandurang, Victoria, wrote in recommending a yoghurt particularly suited to people either living in outback regions or travelling over long distances. This aroused interest in a number of readers, and so we have provided further information and directions for making the yoghurt.

Golden Life Yogurtab tablets contain beneficial bacteria which fight and keep in balance the putrefactive and other harmful bacteria found in food and our bodies. These beneficial bacteria act to replace the normal and necessary intestinal flora which are destroyed by modern antibiotics like penicillin and tetracyclines. The bacteria in Yogurtab also contribute to good intestinal hygiene and, consequently, good health. Active ingredients of Yogurtab, for every tablet, are not less than 35 million living cells, comprising:

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The tablets are made only from pure Yogurtab material with no additives whatsoever.

THE TWO WAYS YOGURTAB CAN BE USED ARE:

- By chewing or swallowing to provide necessary Lactobacilli for direct consumption, particularly if you do not like the taste of yoghurt but need its benefits.

- To make your own natural yoghurt simply and economically. The yoghurt is readily digestible (91 per cent is digested in the hour after consumption, whereas only 32 per cent of milk is digested in that time). Sugar and flavourings used in many 'popular' yoghurts destroy the beneficial Lactobacilli. This is why home-made yoghurt can be so much better for you, at a lower cost.

NOTE:

1. Yoghurt will not be produced if milk contains any trace of antibiotics (sometimes administered to cows).
2. Yoghurt should be allowed to incubate in a position free from vibrations.
3. Storage of Yogurtab tablets in a refrigerator is recommended, to prolong culture life.

With a little practice and some experience, you will be able to create a yoghurt to your own taste. You may find your

yoghurt will have some fluid (whey) on top. This means that the yoghurt incubated too long — just stir back into yoghurt or pour off for use in soup or cereals.

THE EASY WAY TO MAKE HOME-MADE YOGHURT IS TO PUT THE HUMBLE VACUUM FLASK TO WORK

Here's how:

1. Very slowly bring 1 litre (1 ¾ pints) fresh milk (homogenised, fat-free or made from powder) to the boil. Do not permit to boil longer than 30 seconds; remove from heat immediately (this first step kills off competitive bacteria).
2. Allow to cool to 46°C (115°F). Use thermometer.
3. At 46°C drop two crushed 'Golden Life' Yogurtab tablets into the warm milk; stir until all is dissolved. If milk is too hot, the micro-organisms will die; if too cold, they will take longer to revive and go to work.
4. Pour into vacuum flask, seal, leave up to three days (initially, to reach desired consistency, check progress occasionally by carefully removing cap and gently tilting flask). Although many users report 24 hours as being a satisfactory incubation time, three days is probably the average best time — experiment a little and you will establish the time best suited to you.
5. When yoghurt has achieved desired consistency, refrigerate at once.


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Organic Growing

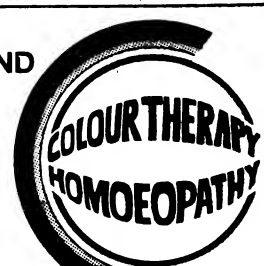
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PONDERING THE PASSIONFRUIT

by Jose Robinson, Wild Cattle Island, Qld.

About three years ago when I planted a couple of passionfruit vines in the hope of having some shade over the chicken yard for our long hot summers, little did I realise what prolific fruit bearers these vines would become. Up until that time, I thought the main use for the passionfruit was to flavour icing on sponge cakes!

Each season since then I have accumulated more ideas and uses for this exotic flavoured fruit. I'd like to share some of these with other *Grass Roots* readers.

GROWING

The passionfruit vine does well in subtropical and temperate climates which are free of frost. It prefers light soil with good drainage, and a sunny aspect. Vines are self-fertilising, and need a strong support on which to climb. An existing fence or a wired-in chicken yard is ideal but you can train the vine over railings, balconies or pergolas. Fairly regular watering is required, especially until the plant is established because the root system is quite shallow. Seaweed is especially suitable as a mulch, but any type of mulching is useful. However, watch for collar rot. After the first season it is desirable to prune back, as this encourages new laterals on which the next season's fruit is formed. When ripe, the fruit turns from green to purple, or from green to yellow in the case of *Banana* passionfruit. The fruit falls when ripe, so it is an easy job to collect each day. One species of the genus *Passiflora* is called *Passiflora caerulea*. (Passion Flower) and it is grown as an indoor plant. In this situation it flowers when very young in the pot, but never fruits indoors. All the species of *Passiflora* have similar flowers and a delightful perfume which attracts the bees. The colouring ranges from white outer petals with gold and brown centres with filaments purple at the base, to white in the middle and blue at the tip.

FREEZING

Cut ripe fruit in halves and scoop out pulp into ice-cube trays. When frozen, they may be turned out and the blocks placed in a plastic bag in the freezer where they should stay separated until required.

SOLAR DRYING

Cut fruit in halves and scoop out pulp. Place a thin layer on waxed paper in your solar dryer. When partially dry, remove from paper by peeling away. At this stage the pulp should be somewhat glued together. Now place straight onto the gauze rack to finish drying. When drying is completed, peel off layers, roll and store in clean dry jars and seal.

PRESERVING

Halve and scoop out pulp. Place in large bowl. To each cup of pulp add one cup sugar. Stir occasionally throughout the day to dissolve the sugar. Later, place in jars with as little air space as possible at the top. When lids are screwed on tightly, turn upside down in hot paraffin wax until all bubbles have disappeared. When first layer of wax is set, dip once again for extra sealing. The fruit should keep indefinitely with this method if done carefully.



MINIATURE POTS FOR SEEDLINGS

Pierce the discarded fruit skins, spoon in some potting mix, and place skins in empty egg cartons. Pop any kind of seed in each one, and when they come up, bury the whole miniature pot in the ground. They allow root systems to spread as required as the skins break down under the soil.

Each passionfruit contains 360 kilojoules with high amounts of vitamin A, potassium and good quantities of phosphorus, calcium and vitamin C. The following recipes will show you how to make the most of this delicious and nutritious fruit.

Recipes

PASSIONFRUIT WINE I

2 kg (4½ lb) passionfruit
4½ litres (1 gal) water
1.5 kg (3½ lb) sugar
nutrient
yeast (wine)

Scoop flesh out of skins into plastic bucket (sterilised of course). Add boiling water, stir in sugar. Cover with clean tea towel. When cool, add yeast and nutrient. Stir twice daily for four days. Strain into 4½ litre (1 gal) jar. Fit fermentation airlock (double). When finished bottle and store.

PASSIONFRUIT WINE II

2 kg (4½ lb) passionfruit
3 g (0.1 oz) barley
1.5 kg (3½ lb) sugar
4½ litres (1 gal) water
yeast (wine)
pectic enzyme

Cut fruit in halves. Take half the water and bring to the boil then pour over the pulp and barley. Leave for five hours

then add other half water (cold) and pectic enzyme. Leave 48 hours, strain and bring to boil. Pour over sugar and dissolve. Cool to 21°C (70°F), add yeast. Pour into fermenter and add airlock (double airlock). When fermentation ceases syphon off to bottles. Clean all equipment with sodium metabisulphite.

PASSIONFRUIT CORDIAL

- 12 passionfruit
- 2 cups sugar (substitute honey — use less)
- 2 tsp citric acid (substitute lemon juice)
- 2½ cups boiling water

Scoop the pulp out of the passionfruit, add sugar and citric acid (or lemon juice). Pour boiling water over the mixture and stir well. Let it sit until cold, strain and bottle. Push as much thick pulp as possible through strainer by using wooden spoon. Use small amounts of this concentrate (to taste) and top with water and ice. Makes approximately 1.25 litres (2 pints) of concentrate.

PASSIONFRUIT BUTTER

- 4 eggs
- ¾ cup sugar
- ¼ cup lemon juice
- 4 passionfruit
- 125 g (4 lb) butter

Combine beaten eggs and sugar in top of double saucepan. Stir until combined. Gradually add lemon juice, passionfruit pulp, roughly chopped butter. Place pan over simmering water, stir until mixture thickly coats wooden spoon. Pour into sterilised jars and seal. Store in refrigerator. Makes approximately two cups. Great spread on wholemeal bread, or used to fill little tarts.

PASSIONFRUIT AND LEMON YOGHURT

- ¼ small watermelon
- 2 tsp lemon juice
- 200 g (7 lb) carton low-fat natural yoghurt
- 1 tbsp brandy
- 1 or 2 passionfruit
- 2 tsp honey

Remove pink flesh from melon, cut flesh into 2 cm (¾ in) cubes. Sprinkle lemon juice over melon. Refrigerate until ready to serve. Combine yoghurt with brandy, passionfruit pulp and honey, mix until well combined. To serve, spoon melon into individual serving dishes, top with passionfruit yoghurt. Serves four (approximately 470 g per serve).

APRICOT AND PASSIONFRUIT CREAM

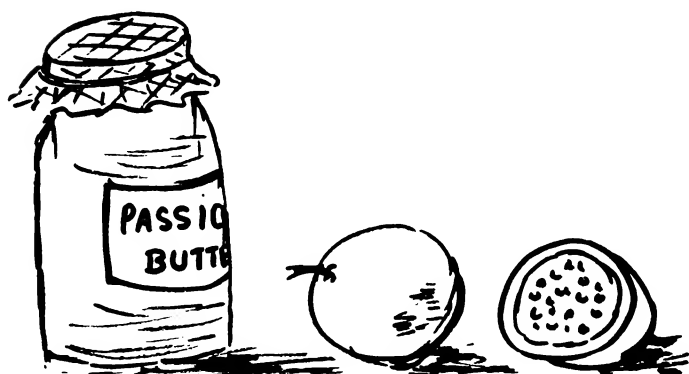
- 125 g (4 lb) dried apricots
- 1¼ cups water
- ¼ cup sugar
- 1¼ cups cream
- 1 tbsp icing sugar
- 2 passionfruit

Chop apricots roughly. Place in saucepan with water and sugar and simmer gently until soft (about 15 minutes). Strain and cool, reserving cooking liquid. Whip cream with icing sugar until stiff. Fold in cooled apricots, passionfruit pulp and then reserved liquid. Chill well and serve with extra passionfruit pulp.

PASSIONFRUIT MOUSSE

- ¾ cup passionfruit pulp (about 8 passionfruit)
- 3 tbsp castor sugar (or 1 tbsp honey)
- ¾ cup unsweetened orange juice
- 1 tbsp gelatine dissolved in 2 tbsp hot water
- 2 tbsp lemon juice
- 2 egg whites
- 300 ml (10 fl oz) cream
- 1 kiwi fruit (optional)

Stir sugar into passionfruit pulp until dissolved. Heat water and lemon juice. Sprinkle gelatine over and stir until dissolved. Add to orange juice and mix well. Allow this mixture to cool and start to thicken slightly. Beat until frothy. Set aside whilst you whip the cream and beat the egg whites until stiff peaks form. Beat orange and gelatine mixture again and stir in the passionfruit pulp, whipped cream and then egg whites. Pour into suitable serving dishes and allow to set. For extra flavour, decorate with kiwi fruit or frosted strawberries just before serving.



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A MOON PLANTING GUIDE

by Dennis Hill, Beechwood, NSW.

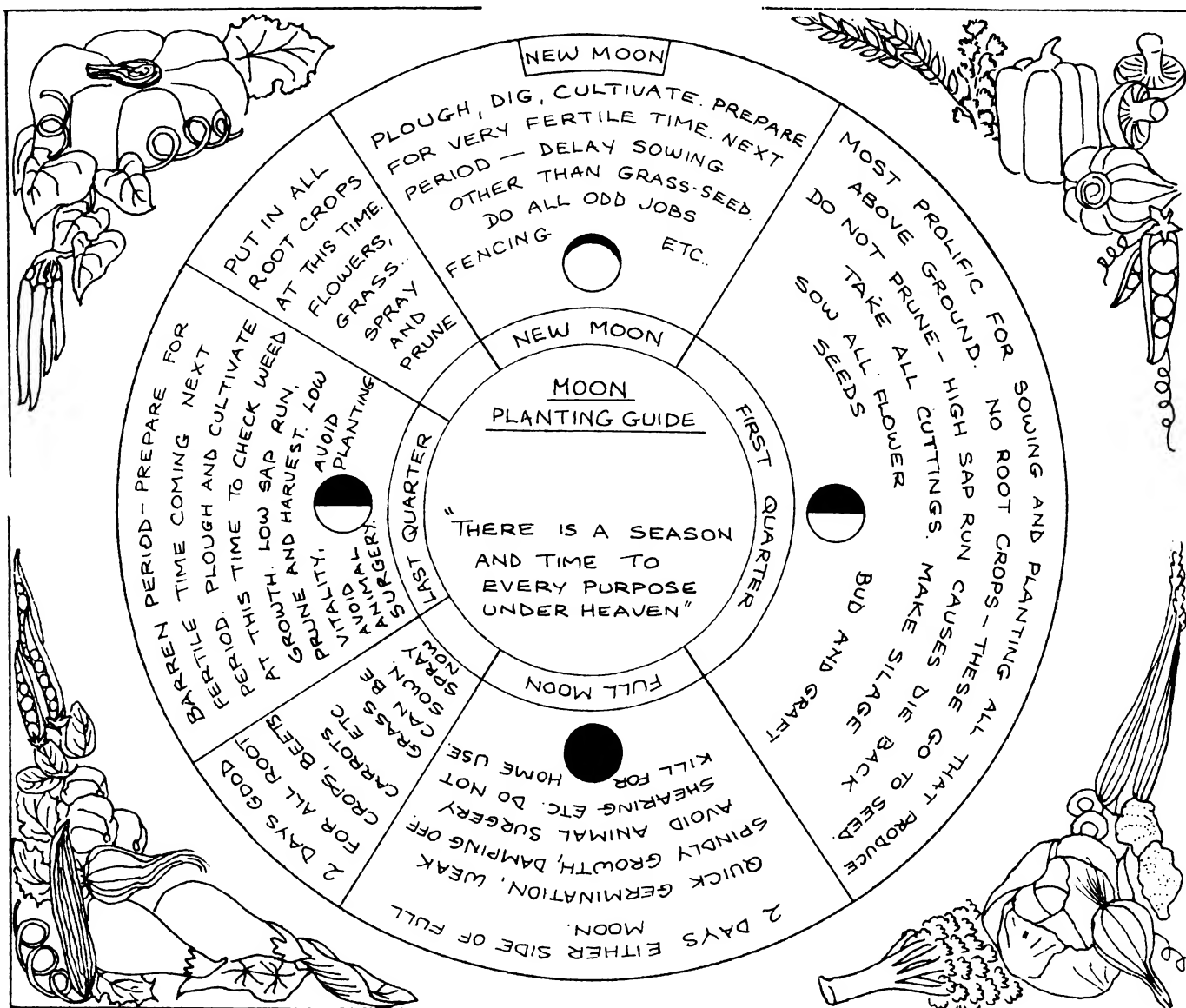
This is an everlasting moon planting guide. A copy of one that was around years ago in Vincents (?) magazine. A friend of mine sent me a copy, but where he got it from I don't know. The thing is, it works, but you have to set it every month, or at least recheck every month.

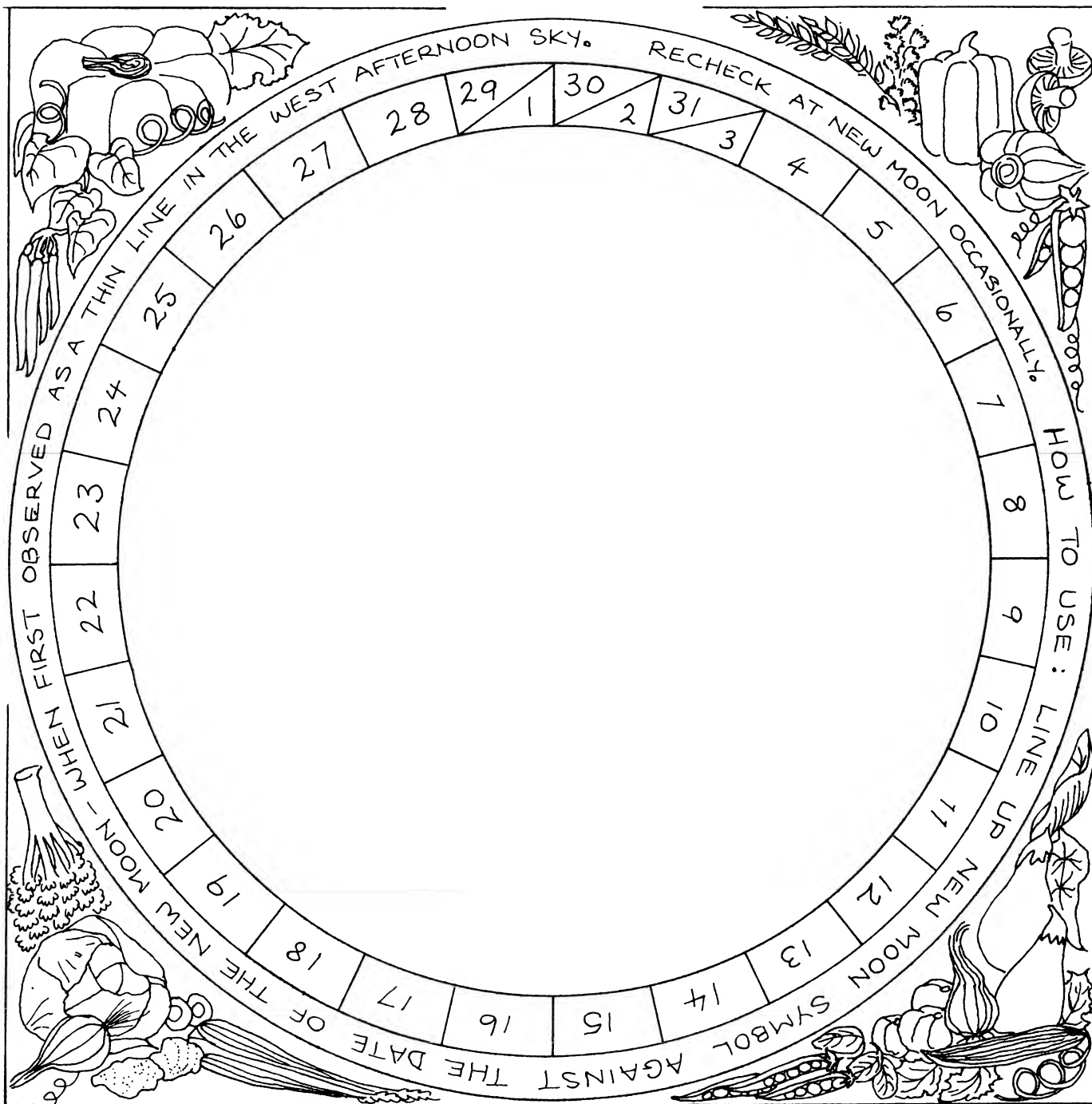
TO ASSEMBLE

Place the numbered wheel on a firm surface (cardboard, etc.) and pin the smaller moon disc onto it so that the centre dots line up and the moon disc can revolve. Then set the new moon mark against the day on the date wheel that the new moon will appear. Recheck each month. If you have a calendar with the phases of the moon on it you can plan plantings well ahead.

We were sceptical at first about planting by the moon. Then we made a mistake and planted above ground during the time that is best for root crops. The crop didn't do very well, but we replanted at the right time and up it came. The first planting developed more slowly than the later planting even though it was the same seed, ground, and water, etc. Many old-timers tell similar stories.

'Surgical operations' applies to animals as well. I am told that you don't castrate animals on the full moon; you should leave this job till the waning moon (last quarter). But the vet says the opposite; 'always cut horses on the full moon', he says, 'that way you can see what you are doing.' (I think he was having a go at me somehow.)





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CRYPTIC GRASSWORD

From page 56.

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GOING SOLAR GENERAL STORE

For the past few years the General store column has provided a service to readers. To expedite despatch of goods, cheques should be made payable to, and sent to, Going Solar in Melbourne. Orders should be clearly marked: Going Solar General Store.

The General Store has a large range of herb seeds available. Most of the packets have detailed growing and harvesting instructions.

Angelica: *Angelica archangelica*. Height 2.5 m, spread 1.5 m. The dried leaves are used for tea, and the roots, leaves, stems and seeds are used to treat colds, coughs, colic and rheumatism.

Anise (Aniseed): *Pimpinella anisum*. Height 30 cm. The aromatic seeds, from inside the fruit, have a distinctive sweet-scented flavour and fragrance. Sow away from wormwood.

Lemon Balm: *Melissa officinalis*. Height 1 m, spread 70 cm. A bushy plant with light green leaves and tiny white flowers during summer; the whole plant has a lemon scent. Attractive to bees.

Greek Basil: *Ocimum minimum*. A fine leaved miniature bush basil with neat and compact habit.

Purple Basil: *Ocimum basilium*. Height 25 cm, spread 20 cm. Also known as Dark Opal Basil. It has smaller deep purple leaves and makes an attractive house plant.

Sweet Basil: *Ocimum basilium*. Height 25 cm, spread 20 cm. A strongly aromatic herb that helps stimulate the growth of many vegetables, particularly tomatoes, but sow away from rue.

Bedstraw: *Asperula odorata* syn *Galium odoratum*. Height 70 cm. A fragrant and perennial kitchen and medicinal herb for potpourris or making wine. The roots are used for red dye.

Borage: *Borago officinalis*. Height 80 cm, spread 60 cm. Borage is very attractive to bees. A good companion plant to strawberries.

Buckwheat: *Fagopyrum esculentum*. A hardy quick-growing annual that produces a crop of seed which is used raw, ground, roasted or in cooking. Makes a good green manure and poultry feed.

Salad Burnet: *Sanguisorba minor*. Height 60 cm, spread 40 cm. A nutritious deep-rooting herb with delicate lacy foliage.

Lawn Camomile: *Anthemis nobilis*. Height 20 cm. A tea is made from the flowers. Camomile also makes a lovely fragrant lawn.

Wild Camomile: *Matricaria recutita*. Height 60 cm. German camomile. A companion plant to peppermint, cabbages, onions and wheat — when used in the right proportions to those plants.

Caraway: *Carum carvi*. Height 60 cm, spread 20 cm. Produces aromatic seeds. A companion plant to peas, but sow away from fennel.

Catnep: *Nepeta cataria*. Height 80 cm, spread 70 cm. Also known as catnip or catmint, it is loved by cats. However rats loathe it and this could be put to good use.

Chervil: *Anthriscus cerifolium*. Height 40 cm, spread 30 cm. A herb that will grow well in partial shade. A companion plant to radishes.

Chives: *Allium schoenoprasum*. Height 26 cm, spread 20 cm. A companion plant to carrots and apple trees. Sow a border of chives around garden beds to help deter insect pests.

Garlic Chives: *Allium tuberosum*. Height 50 cm. The leaves are flat unlike the common chive, and the flavour is more of mild garlic than onion. Like all onions it has antiseptic and antibiotic properties.

Comfrey: *Symphytum x uplandicum*. Height 90 cm. A very useful herb which can be used in salads and to make flour; as a high protein and mineral-rich food for livestock; for treatment of broken bones and as a poultice for inflammation; to make liquid manure for the garden.

Cowslip: *Primula veris*. Height 20 cm, spread 15 cm. Has leaves similar to the primrose. Will grow in partial shade.

Coriander: *Coriandrum sativum*. Height 50 cm, spread 30 cm. A companion plant of anise. It may help repel aphids.

Cumin: *Cuminum cyminum*. Height 45 cm. An upright plant with strongly aromatic and pungent seeds.

Dill: *Anethum graveolens*. Height 90 cm, spread 30 cm. A good companion to cabbages, and light sowings can be made with lettuce, onions and cucumbers. Be careful with carrots and sow away from tomatoes. Attractive to bees.

Hyssop: *Hyssopus officinalis*. Height 50 cm, spread 60 cm. A companion plant to grapevines and cabbages but sow away from radishes. Very attractive to bees.

Lavender: *Lavendula vera*. Height 60 cm, spread 70 cm. Makes an attractive and fragrant hedge and is an important bee plant.

Lovage: *Levisticum officinale*. Height 152 cm, spread 80 cm. A tall stately plant with decorative seed heads. It should help improve the health of plants around it.

Pot Marigold: *Calendula officinalis*. Height 56 cm, spread 30 cm. A medicinal plant with branching stem and narrow pale green leaves.

Sweet Marjoram: *Origanum marjorana*. Height 30 cm, spread 25 cm. A small bushy plant used for flavouring but it also has antiseptic properties. A bee plant.

Green Mint: *Mentha viridis*. Height 60 cm. Also known as spearmint. A good companion to cabbages and tomatoes. Will help repel ants, moths and other insect pests.

Mustard: *Brassica alba*. Finest white, makes a tasty green for salads and sandwiches.

Welsh Onion: *Allium fistulosum*. Height 45 cm, spread 30 cm. Similar colour to chives but with much more bulbous stems.

Oregano: *Origanum vulgare*. Height 55 cm, spread 60 cm. Similar to marjoram. Sow with broccoli to repel cabbage butterfly.

Curled Parsley: *Carum petroselinum crispum*. Height 30 cm, spread 20 cm. A companion plant to roses, tomatoes, carrots and asparagus. Mainly used as a garnish.

French Parsley: *Carum petroselinum*. Height 50 cm, spread 40 cm. Similar uses to curled parsley but has stronger flavour.

Hamburg Rooted Parsley: The leaves can be used like other parsleys, but it's mainly grown for its roots which can be grated in salads or used as a separate vegetable.

Pennyroyal: *Mentha pulegium*. Height 36 cm, spread 20 cm. Plant with broccoli, Brussels sprouts and cabbage. Will help to repel ants and, like other mints, has antiseptic properties.

Peppermint: *Mentha piperita*. Plant between cabbages. Used mainly for medicinal and commercial purposes.

Rocket: *Eruca sativa*. A spicy attractively scented perennial used in salads.

Rosemary: *Rosmarinus officinalis*. Height 1 m or more, spread 80 cm. An aromatic herb. A companion plant to sage.

Rue: *Ruta graveolens*. Height 40 cm, spread 30 cm. Helps repel house flies and stable flies. Sow away from sweet basil.

Sage: *Salvia officinalis*. Height 55 cm, spread 65 cm. A companion plant to cabbage, carrot and rosemary. Sow away from cucumber.

Clary Sage: *Salvia sclarea*. Height 85 cm, spread 50 cm. Used to flavour soups. Clary was traditionally used for eye complaints.

Summer Savory: *Satureia hortensis*. Height 50 cm, spread 30 cm. A companion plant to onions and beans. Also called the bean herb.

Winter Savory: *Satureia montana*. Height 25 cm, spread 60 cm. A low growing shrub that is an insect repellent. A good bee plant.

French Sorrel: *Rumex acetosa*. Height 150 cm, spread 60 cm. Produces a large clump of long leaves which are used mainly for culinary purposes.

Alpine Strawberry: *Fragaria vesca*. Height 25 cm, spread 35 cm. The now popular strawberry with a very sweet and tangy flavour. It was selected for growing in Austrian Alps so is especially hardy.

Taragon Russian: *Artemisia dracunculul*. Leaves are used to flavour vinegar and sauces for fish and poultry.

Thyme: *Thymus vulgaris*. Height 30 cm, spread 40 cm. Mainly a culinary herb. Helps plants growing near it. Very aromatic. Flowers attract bees.

Creeping Thyme: *Thymus serpyllum*. Height 5 cm, creeping habit. Similar culinary use to thyme. A useful carpeting plant ideal for making a small 'lawn'.

Sweet Violet: *Viola odorata*. Height 12 cm, spread 18 cm. A sweet-scented plant used for perfume, colouring and for medicinal purposes.

Watercress: *Nasturtium officinale*. An improved strain with extra large leaves. Keep constantly moist.

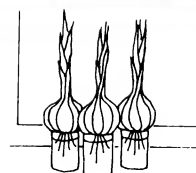
Dyers' Woad: *Isatis tinctoria*. Height 1.3 m, spread 90 cm. Long bluish-green leaves grow around a tall flower stalk. It produces a blue dye.

Wormwood: *Artemisia absinthium*. Should not be grown near other plants. Useful as an insect repellent in a hedge around the garden.

Herb seeds are 95 cents each (plus \$1 for any number of seeds posted within Australia). Please list a few substitutes in case some are temporarily unavailable. Send orders to Going Solar General Store, 320 Victoria Street, North Melbourne, 3051. Ph: 03-328-4123.

320 Victoria St. NORTH MELBOURNE 3051

TAKE A HINT



Garden Hints KITCHEN GREENS

A sprouting onion need not be thrown away. Place on top of a small glass of water. Root will grow in water and the onion will provide constant salad greens on window sill.

Bendigo Home Builders Club, no 11, Sep 83.

SNAIL BAIT

To make snail bait, mix bran with pyrethrum powder and add molasses to bind, and water if required. Make into small pellets or balls and place strategically around the garden.

ROUGH HANDS

Instead of using gardening gloves, wash your hands after gardening, then apply cider vinegar and allow to dry. Rub in a moisturising lotion and your hands will feel soft and supple.

CABBAGE PEST

To control cabbage butterfly, grow hyssop near cabbages and cauliflowers. When in flower this will repel the pests.

SLUG REPELLANT

Chopped onion tops placed on the soil surrounding lettuces is reputed to keep slugs away.

CURLY LEAF CURE

To cure curly leaf in fruit trees pull up some marshmallow plants (preferably just before flowering, but not essential), hand them over the branches of the trees, and just leave them there.

Animal Hints POULTRY GREENS

If you are unable to free range your poultry as often as you'd like, then try sprouting their wheat for added greens. Take an old plastic dish (with holes in the bottom), place a quantity of wheat in and cover with water. Leave overnight, then drain the water off and rinse the wheat with fresh water. Rinse twice daily until sprouted enough, then feed to poultry.



FLEA TREATMENT

To eradicate fleas on your animals, feed them brewer's yeast (B vitamins) and wheatgerm oil. This treatment has the added bonus of giving glossy coats and healthy skin.

DOG BATH

To repel fleas and ticks and make your dog smell sweet, bathe it in an infusion of such herbs as wormwood, southernwood, tansy, rue, pennyroyal, scented geraniums and eau de cologne mint.

Household Hints TEST FOR BROKEN BONES

Place a stethoscope on one side of the supposed fracture, and a tuning fork on the other. When the tuning fork is vibrated, and there is no breakage, the sound will be heard distinctly through bone and stethoscope. Should any doubt exist, comparison should be made with the same bone on the other side of the body. This test shows the difference in the power of conducting sound possessed by bone and soft tissue.

TO TOUGHEN CHINA

To toughen china or glass, place the new article in cold water, bring to boil gradually, boil for four hours, and leave standing in the water till cool. Glass or china toughened in this way will never crack with hot water.

TO CLEAN OLD MEDALS

Immerse in lemon juice until the coating of oxide has completely disappeared; 24 hours is generally sufficient, but a longer time is not harmful.

TO CLEAN OLD COINS

Old coins may be cleansed by first immersing them in strong nitric acid and then washing them in clean water. Wipe them dry before putting away.

HOME-MADE FLYPAPER

Make your own flypaper. Boil some linseed oil with resin until it forms a stringy paste. When cool paint this on paper with a brush. Hang in appropriate places.

SAVE ELECTRICITY

Aluminium foil placed under the ironing board cover is supposed to reduce the amount of electricity used when ironing.

RUST REMOVAL

To remove rust from items such as scrap iron etc, immerse in a molasses bath, containing approximately 2 gal molasses to 20 gals of water (the exact quantities aren't critical). Leave objects for a couple of weeks to remove bad rust. The bath will last 2 - 3 months.

Colin Anderson, Shepparton.

A MACADAMIA NUTCRACKER

A pair of Vice-Grips make an excellent, effective nutcracker for the world's hardest nut.

by Nigel Pierce, Stony Chute, N.S.W.

TO REMOVE THE SMELL OF ONION FROM YOUR HANDS

Rub hands with salt and water or rub half a lemon over the palms of your hands and each individual finger. Another alternative is to rub powdered mustard (or you can use a dollop of prepared mustard) all over your hands and then remove with cleansing cream.

PENPALS

Hi! I'm 12 years old and would like a penpal between the age of 12 and 15. My interests are collecting stamps, stickers and rubbers. I also enjoy horse riding.

Charmaine Bourne, Lot 134 Coaldale Rd, via COMPANHURST, GRAFTON 2460.

I would like a penpal please. My name is Sam (boy). I'm nine years old in November. I would like a penpal around my age. My hobbies are collecting stamps, playing the guitar and singing. I also love reading books.

Sam Byrne, PO Box 755, DEVONPORT 7310.

Hi! I'm 21 years old and would love to correspond with any GR people. I'll answer all your letters. My interests include keeping and breeding budgies, embroidery, reading, learning and loving my two cats.

Debi Curtis, 2 Lochiel Rd, ENGADINE 2233.

I am nine years old. I would like to have a male penpal eight to twelve years old. Anywhere in Australia or overseas. I like collecting coins and stamps. I also like to ride mini bikes and push bikes. I live on a farm and I have some chooks, a dog and a billy goat. I'll answer your letter.

Chamiel Walker, Camomile Cottage, Lot 8, RSD Blakey Rd, BARKERS CREEK 3451.

My name is Ben. My likes are surfing, archery, writing, wildlife, cooking, woodwork, collecting stickers. I am eleven. I have a goat called Pixi. I will answer any letters. I would like anyone from 10 to 13 to write.

Centenery Height Rd, Lot 1, COOLUM BEACH 4573.

I am seven years old. My hobbies are football and motorbikes. I also like making bikes from old bike frames and parts. I would like a penpal.

Ben James, 61 Kerr Cres, MONTROSE 3765.

My name is Frederick Anti. I am 21 years of age and a student. My hobbies are exchanging letters, viewcards, stamps, listening to music, reading magazines, travelling and playing table tennis. I would like to exchange letters with boys, girls, ladies and gentlemen of all ages. I will reply to any letters I receive.

Frederick Anti, Child Evangelism Fellowship, PO Box 580, Koforidua, E/R, GHANA-WEST AFRICA.

My younger sister is also enthusiastic in penfriendship. She is 19 years old and has almost the same hobbies as mine.

Miss Christiana Anti, PO Box 580, Koforidua, E/R, GHANA-WEST AFRICA.

Pen friends wanted from Australia and New Zealand, male or female, 22 years and over. I am 22 and my hobbies include cooking, leatherwork, knitting and needlework. All letters answered.

Karen Newton, 3/170 West Coast Hwy, SCARBOROUGH 6019.

I am 25 years, very much interested to have penpals from abroad. I am unmarried, fair skin, with good physique. My hobbies are reading foreign magazines, collecting postcards, stamps, coins and singing religious songs. I would like to correspond with gents and ladies preferably aged 25 years to 75 years. All letters will be answered.

Sundari Bai, 14-98 Old Merjalguda, Malkajgiri, Hyderabad — 500047, ANDHRA PRADESH, INDIA.

Hi, I'm 15 years old and would like to write to someone (male or female) who is about the same age. My interests are playing basketball, football (now and then) and generally doing anything that is great fun. I would really love to hear from anyone who is interested in foreign languages. Preferably German. All letters answered.

S. Smith, 26 Pandora St, BRISBANE 4123.



**PLUS
PLUS**

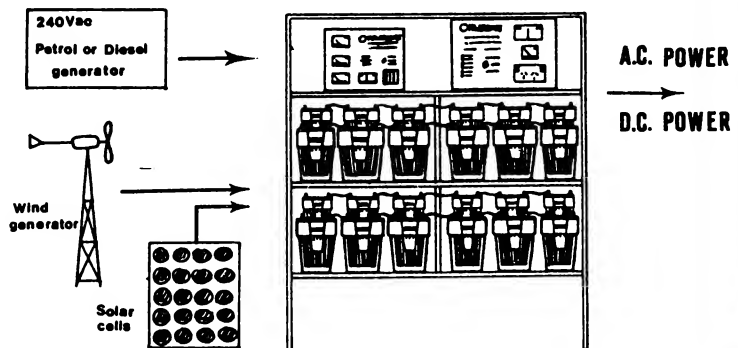
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Down home on the farm..:

by Meg Miller



'There's little more than a month of shopping days left before Christmas,' I recently overheard someone say. Christmas time already! It doesn't seem any time since we were in the clutch of winter, and before that there was Easter . . . but December so soon? It took a while for the full impact of this to settle into my consciousness, for me to realise that the year has passed, that another year of my life has passed by. I have a greater understanding now when I hear older people question each other over where the years have gone. And this last one, wasn't it shorter than other years?

Later I was talking with Sunshine about a school camp she was to go on in two weeks' time. 'Two weeks' she said, 'but that's an eternity'. It fascinates me that during the years when we are working so hard to establish ourselves, when we have heavy commitments to work, to family needs and to laying the foundations for the quality of life in our mature years, days become like hours, and hours minutes. But in other periods of our life, when our energies are less frenetically directed, a moment of time seems forever. Remember the intolerable waiting of childhood, the long countdown to birthdays, Christmas, school holidays? An hour waiting then for a loved parent to return from shopping seemed indeed forever. And in our golden years time stretches out so far that our past and present become entwined as we wait out our days for one of life's few certainties.

I was going to do wonders this year, and now with a jolt I realise it's almost over. My list of goals and dreams hangs behind the bedroom door, faded, fly spotted and covered with dust, a reminder of what I want to do with and in my life. Why is it, and I know I'm not alone in thinking this, that by the time I've met the challenges inherent in daily life there is little time or energy left over for anything else? Meshing together the fabric of life — coordinating the magazine, working with the poultry, gardening, lending a hand on the farm when necessary, doing the many incidental tasks involved in living on the land and being a mum, wife and member of a family unit — seems all consuming and by the time I fall into bed at night the last thing on my mind is creativity or exploring new dimensions.

This year I had intended developing some of the poultry runs, planting them with a mixture of permaculture trees and shrubs that would offer the birds a range of seeds and berries to supplement their regular diet. I'd also hoped to rotary hoe the turkey runs and sow them with some of the exotic crops advertised by Pheonix Seeds in Tasmania. I did get to plant a handful of the shrubs but they sit forlornly in one corner of a chook yard. I guess if I follow it up with subsequent plantings it will look vastly different in six months time and will provide me with an idea of what I'm trying to achieve there. The crop seed sits collecting dust on our mantelpiece. I carried

wheelbarrow after wheelbarrow load of chook manure and rice hulls to the turkey yards in order to build up the soil but by the time David brought the rotary hoe home from the farm I was too caught up in magazine production to use it or plant my crop seed. Now the ground has hardened and it is too hot and dry. Maybe I'll try again in autumn after we've had some rain. At the moment a fall crop of dock and marshmallow are luxuriating in the enriched soil, providing abundant cover for the Guinea fowl to nest in.

As well, I'd also intended starting work on planning and planting the poultry compound over on the farm so that when the time comes to move at the end of next year there would be semi-established shade and protection in the yards. Alas, I've done little but peruse a few books and send for the occasional nursery catalogue. It's too late now to strike cuttings or transplant young trees so I can forsee a busy autumn ahead.

I'd been interested too in extending my knowledge of poultry but the correspondence course on poultry farming lies abandoned in the filing cabinet, to be picked up again next year or even the year after. There are some areas in this field I'd like to delve into, and in particular alternatives to conventional treatment of diseases in domestic birds. I'm hampered though by a lack of formal knowledge on poultry keeping so I'll have to wrestle with my dislike of examinations and deadlines and get in there and complete the course. Then I'll be able to do something more concrete about familiarising myself with homeopathic remedies suitable for poultry. The Bach Flower remedies too add an extra dimension to healing and I started a course on them mid year but found the pressures of work too great to continue. But I decided I was going to finish something this year so I went back and repeated the course, sometimes bleary eyed with tiredness, and I feel a sense of achievement at having made the effort to complete it and enriched by the knowledge I've gained.

That faded, jaded list contains many more plans and ideas, some realistic and obtainable and some that have become irrelevant as the year has rolled by. There are also some that have been achieved, bringing moments of success and a sense of fruition. Somehow it's hard to write about these, to write about what's been done and say yes, I've finished this, set up that and kept a whole host of other things going. It's always easier in life to focus on what we haven't got, on what we haven't done and push the acclamation and credit aside saying 'it was nothing' after hours or even years of work.

The turkeys have developed into superior birds, large, meaty and reminiscent of those that were around fifty years ago. They have achieved outstanding success in shows and their progeny have spread into at least three states by now. It

hasn't been easy raising them, they're sensitive birds and there has been little information around on them. What could have been an obstacle developed into a challenge and the information and experience that's come out of it I've been able to process and put in a newsletter on turkeys that will come out this month. 'Not more work' groaned David when he heard of it, but as there are few people who know anything about these birds it seems important to bring together those that do and share their knowledge and learning. And there's a limit to how much you can say about turkeys, isn't there, so it won't be forever.

The chooks are productive and healthy and whilst now show birds they are working representatives of their breed. The varieties we keep have grown, the additions being less common types like Dorkings and Transylvanian Naked Necks. The regulars include Indian and Jubilee Game, Barnevelders, Brown Leghorns, Anconas and of course, Sunshine's white Silkies. A few hens have gone broody but only two have managed to bring out chicks, so it's just as well the incubators are running. These days they contain in the water a wonderful combination remedy of Bach Flowers to help the chicks with their struggle to break out of the shell and cope with the exhaustion that accompanies it. There's also a flower essence from America that's for celebrating life and I always have a few drops of it myself when I add it to the water tray in the incubator. The chicken hatchings have been outstanding so maybe these essences are adding an extra vibration to the developing embryos and their subsequent birth.

The garden is struggling along as usual, a mixture of gluts and disappointments. It seems to be the cinderella these days, with my energies going into the poultry and David spending a couple of days a week over at the farm with his sheep and cattle. But although it may look rugged and ragged, it feels great. It's a snake's paradise with its overgrown areas and clumps of flowers and herbs in unexpected places, but so long as one keeps their eyes open as they walk through it's wonderfully calming and relaxing. It's also built upon rich, rich soil — there is after all a lot of bird manure here and Sunshine and I regularly vow we do little else but rake up chook . . . and shovel it over the garden.

Also on the list and interspersed amongst the practical things I've wanted to do is the word family. Achieving goals or even spending long hours striving for them are pretty meaningless unless you have people to share the ups and the downs with, and to share your life with you. In a world where marriages seem to be falling apart at an alarming rate David and I grow closer and more loving. Mind you those early years were stormy and we still laugh about the number of nights the sofa was slept upon and at the memory of a couple of flying poached eggs that took an eternity to slide down the kitchen wall. But we're prepared to be honest, to give the other space to do their own thing and to negotiate through the rocky times. Sunshine is forever saying 'Yuk! You two are sloppy'. She's probably right, but we sometimes remind her that it's better to have sloppy, embarrassing parents than those who don't talk or feel any love for each other.

And so the year has almost passed — your year and my year. I've spent mine chasing time and I've probably achieved



A crop of flowering broad beans with mustard growing in the background.
Thank goodness broad beans only come once a year!

no more than I have any other year, but I've given myself a hard time doing it. The other night David gave me a special 1986 calendar and when I opened it I found he'd physically cut out all the Sundays for the year. 'Six days' he said, 'that's all you've got next year, six days in a week. You can pretend the seventh doesn't exist and have it off'. Horrors! It's obvious he just doesn't understand. We did a lot in the Bach Flowers course about there being a life lesson for each of us to learn and I guess mine is moderation. Moderation in all I do, and the way I do it. It may be easy for some people but for me it's a battle. It's not unusual for me to work till dark and when I can see no longer to use a torch until the batteries run out. It's that 'just one more job' I wrote about earlier in the year. And then the other day, when I was flicking through some books I found a line that put it all into perspective. 'One never notices what has been done; one can only see what remains to be done.' Marie Curie wrote that and it felt as though it had been written for me. I think I'll write it down on a piece of card and keep it in my pocket and when I feel anxious, when I feel time is running out like sand in an egg timer I'll try and remind myself of what has been done and feel a sense of achievement in it. 'There is a time for every purpose under heaven' but how many of us limit our lives by our shortsightedness and discover the wealth around us when it is too late?

GRASSIFIEDS

We have had numerous requests from readers to print the state at the end of each ad. But as this takes up extra space, here is a key to help you decipher the postcode system.

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DEEPWATER - half share in 42 ha bush block, double creek frontage, permanent water, 45 minutes Glen Innes; 26 x 20 ft cosy hut, HWS, rainwater tank, fenced, established orchard, vegie and herb gardens. Beautiful granite boulders. \$10,000. J. & R. Heperi, C/- PO, DEEPWATER 2371.

25 KM BLAYNEY, NSW - 7½ well-kept acres, handy major towns, heart of growth centre. Subdivided 4 paddocks plus large garden. New fences, large shelter/shade trees, permanent creek, horse yard, loading ramp, 2 acres lucerne, fully equipped bore connected house, garden, riding arena. Comfortable 2/3 B/R W/B home, new kitchen, bathroom, power, plumbing, 2 open fires, large verandahs. Tar roads, school bus to primary/high schools, also local village primary school. High calibre small-holding realistically priced at \$66,000. Inspection by appointment only after phoning 063-688-478.

SPECTACULAR HILLTOP VIEWS close to Nimbin, beautifully renovated 30-sq home (built 1910), self-contained cabin, 15 frost-free acres. Features include 50 ft family room with bar, potbelly stove, 3-5 B/R, lots of built-ins, ensuite, large kitchen with walk-in pantry. \$87,500. Adjoining 100 acres available. Stephenson, PO Box 768, LISMORE 2480. Ph: 066-891-493.

GULGONG AREA - 100 acres with 4 B/R, steel framed brick-veneer home. Verandah all round, fenced on 3 sides, 2 dams, solar lighting, 5KVA generator, 10,000-gallon water tank. Also weekendender. Lovely area with peace and privacy. \$70,000. Ph: 063-745-128.

MURWILLUMBAH - sunny 3 B/R timber home overlooking town. Verandah views of dairy farm, cane fields, Tweed River and mountains. Terraced flower garden, space for vegetables and fruit trees. Garage, workshop, in ground splash pool, power, phone, town water. Freshly painted and in excellent condition. Close to schools, shops, friendly neighbours. \$58,000. Contact David Butler, 15 Chester St, HIGHGATE HILL 4101. Ph: 07-229-1577 (BH) and 07-846-2520 (AH).

TABULAM - well-timbered 88 acres. Mud-brick house, 5-acre clearing, northerly aspect, established fruit trees, vegetable, flower gardens; 2 dams (million gallons plus). Solar hot water, 12 v power. All-weather access. \$48,000. Ph: 066-663-568.

WELLINGTON, 120 ACRES, two 60-acre titles. Timbered, undulating, good rainfall; mid-way Orange and Dubbo; 4 B/R kit home, lock-up stage. Basic furnishings, kero fridge, gas and potbelly stove, generator, phone connected. Tanks, dam, fenced, good access, school bus, power available. Vendor finance. \$65,000 neg. Consider lease with option to buy. Enquiries PO Box 1860, WOLLONGONG 2500.

MOUNTAIN VALLEY BLOCK for sale. It's 100 acres, with bitumen frontage, permanent water, 2 dams, beautiful treed gully with the creek running through it, and a water race carrying water across the front of the block. There's a big shed, with a slow combustion stove, and a small Hereford herd. Please write for more details to PO Box 848, LEETON 2705.

MID-NORTH COAST - 400 acres, 45 km inland from Nambucca Heads. Beautiful, completely private rainforest adjoining state forest. Permanent river winds through centre of property. Excellent soil and grassed river flats, red cedars, stags, elkhorns and abundant bird and animal life. Small comfortable home, established orchard and gardens in breathtaking position. \$125,000. Ph: 065-642-244.

KYOGLE/BONALBO - 135 acres. Permanent water, power connected, excellent homesite - \$44,000. 100 acres as above \$39,000. 14 acres with 3 B/R western red cedar home, one year old - \$56,000. All adjoining willing to sell as package \$125,000, possible finance. Phone owner 066-653-202 or 066-667-102.

14 HA GENTLY UNDULATING farmland, fully fenced, dams, stables, sheds, 8 km to Wingham; 4 B/R brick and W/R cedar ranch-style home. Long verandahs, ensuite, large family room. \$129,000. Write Leech, RMB Cedar-Party, WINGHAM 2429. Ph: 065-505-653.

URGENT SALE, Sth Coast NSW - beautiful 48 acres near Bega. Magnificent mountain views from floor to ceiling windows. Huge timber beams, lovely stone fireplace. Permanent creek, excellent soil, fenced on all boundaries. Two-storey brick and timber house, empty shell at present but can live inside. Electricity; 25 minutes Bermagui Beach, \$75,000 all offers considered. Ring Lyn or Terry 062-571-991.

TABULAM AREA - 3 lots of land with house. Lot 1, 50 acres virgin \$15,000. Lot 2, 80 acres dam \$25,000. Lot 3, 50 acres plus 3-B/R house \$65,000. Electricity, phone, plenty of water, septic, fireplace, verandah. Two large vegie gardens, fruit trees, shed, dam. Land partly cleared, permanent creek, views, privacy, good rainfall. School, shop, PO 3 km, bus passes, all blocks on highway. Could be sold as one or separate. Ring owner 067-367-657.

QUARTER-ACRE BLOCK in township of Wolumla, 12 km Merimbula. Magnificent rural views of the Bega Valley. Fully planted out with natives and fruit trees. \$18,500. Ph: 064-949-248.

5760 ACRES TIMBERED in two titles, 1580 and 4180. Will sell as one or separate. Would also consider selling shares if enough people interested. Located 50 km north Grafton. Very private, adjoins forest. Price \$265,000 as a whole. Ph: 066-522-833, AH 066-536-370.

PANORAMIC OCEAN VIEWS from Coffs to Ballina; 114 acres, volcanic soils, well watered, springs/dams, block cottage, 20 acres cleared, irrigated orchard, electric fence, rest partly timbered - \$80,000 ONO. Or 138 acres, same views, soils, water, 5 acres cleared, timbered - \$60,000 ONO. PO Box 26, ANNERLEY 4103. Ph: 07-447-311 BH.

I HAVE 2800 ACRES which is in 5 separate titles: title 1 is 100 acres; title 2 is 500 acres; title 3 is 600 acres; title 4 is 1577 acres with 2 houses and title 5 is 23 acres. It has 4 km of creek plus 2 other streams; 600 acres is cleared, the rest timbered. I have run superfine sheep, goats and cattle. Due to marriage breakup has to be sold. Country is attractive and peaceful, only 35 km from Armidale with school bus, electricity and telephone. The price is \$100 an acre, \$280,000. Maybe some readers could get together and purchase it and love it as much as I have. Contact Ms M.J. Scott, 'Parlour Mt', ARMIDALE 2350. Ph: 067-755-203.

NORTHERN NSW - 12-acre property, 3 miles from Mullumbimby and schools. Two acres of citrus, nuts and tropical fruit trees. Established gardens and vegie areas; 2-acre paddock fenced with large dam; permanent mountain water with big swimming hole; remainder natural bush. Council approved all-timber new split-level house with sheds. Solar power, phone, plus lots more. Suit all lifestyles. \$87,500. Genuine enquiries please. Ph: 066-842-937.

GRAFTON, 69 acres flood-free, fully fenced, partly cleared. One old dam, 2 small new dams and 250,000-gallon new dam. Double garage erected with 5000-gallon water tank, garden shed and cow shed. Sealed road, school bus to Grafton. Electricity, telephone available for connection. \$70,000 ONO. Ph: 02-909-2590.

SUPERB 8-ACRE BUSH BLOCK, 23 km south of Eden. State forest 3 sides. Half mile boundary on Womboy River. Mudbrick/timber frame dwelling, Everhot 204, phone, generator, Deluxe shed/workshop, truck, agbike, pump. Huge potential. \$65,000 ONO. Write 'Bush-block', PO KIAH 2551. Ph: 0649-69-129.

NEW ENGLAND, south of Tenterfield, 198 acres freehold. Beautiful river frontage backing onto large mountain, ideal for alternative living. Like-minded people already in the area. All-weather road to property. \$18,500. For details write Rosemary Dummell, C/- Post Office, SANDY FLAT 2372.

OLD HOUSE in small village, approx 3 acres. Power, phone, school bus, rainwater tanks, permanent creek, lush south coast valley, 20 min from coast, 19 km from Bodalla. \$38,000. Ph: 044-735-395.

GRASSIFIEDS

PROPERTY FOR SALE

NEAR CASINO: 3 blocks of beautiful bushland. Magnificent timber, abounding with wildlife, permit to build, ideal for farming or investment; 100 acres \$22,500; 300 acres \$29,500 (permanent creek frontage); 1200 acres \$115,000. For more details contact 047-514-848.

WINGELLO ON SOUTHERN HIGHLANDS 2½ hours from Sydney GPO. Originally grandad's farm and orchard, now 3 x 5-acre timbered blocks with power, building entitlements, all-weather level access, \$27,000 to \$32,000. Residue 122 acres has power to 2 B/R cottage, 30 acres cleared - \$88,000. Available individually or as one parcel at \$160,000 ONO. Ph: 044-216-556.

BECOME A NAMBUCCA RIVER resident, subtropical Mid-North Coast Valley. Privacy, magnificent country, agriculturally sound, water quality second to none, abundant raw materials. Four 40-acre titles plus 100-acre titles start at \$35,000. PO Box 17, BOWRAVILLE. Ph: 065-644-069.

SCENIC AND ALWAYS GREEN, 2 hours from Sydney in Kangaroo Valley, 65 acres with permanent creek, 2 dams and livable dwelling; 10 acres rye grass, good fences, HP water pump, natural rainforest. Everything you need to get started. Forced and reluctant sale. Would love to consider exchange for smaller acres but must have some cash. Our price \$85,000. Ph: 044-216-213.

COTTAGE - herb farm/nursery Blackville village; 24-sq home, 3 large B/R plus closed-in verandahs, lounge, sunroom (office), breakfast, kitchen, open fireplaces; septic, 2 toilets. An acre with small hut, 2 garages, 2 stables, chickens, fruit trees, roses, vegies, herbs, town and tank water. Mountain views. \$58,000. Ph: 067-4742 and ask for 11.

FAR NORTH COAST - newly renovated 2 B/R home plus study on quarter-acre excellent soil. Power, phone, septic, carpeted, potbelly. Beautiful setting on edge of farm; 10 minutes sealed road Murwillumbah, 30 minutes Gold Coast and beaches; fruit trees, sun-drenched verandah. \$61,000. Ph: 066-724-157.

BUNGENDORE NSW - 250 acres bush, 30 mins Canberra. Small, warm, fully insulated owner-built, gas and generator powered timber cottage. All facilities, northerly aspect, great views, good all weather access, chook run, fruit trees, phone power being connected. \$110,000 neg. Ph: 062-382-444.

MID-NORTH COAST - 24 acres 45 mins Kempsey looking for a loving owner. 20 acres thick forest, 4 acres pasture, gentle slope facing north, creek frontage. Established dam, gravity feed to building site. Situated on Taylors Arm - Millbank Road near the Brothers Mountain. Good access and friendly neighbours. \$35,000. Ph: 02-255-181.

DEADLINES: GR 53 - DECEMBER 27TH
GR 54 - FEBRUARY 28TH

DORRIGO PLATEAU, 27 km west of Dorrigo - beautiful 90 acres, part rainforest, permanent creek, electricity/telephone available, subdivisions possible. \$40,000. Ph: 066-578-138.

GRAFTON/CASINO - over 5000 acres all timbered. Ideal hideaway, secluded, adjoins forest. Need partners to help purchase this property, price \$360,000. Minimum share \$10,000. Contact Leon, PO Box 823, COFFS HARBOUR 2450.

CENTRAL COAST NSW, Wyee - 40 acres virgin bushland. Building permit, electricity available, rural views. 5 mins from railway, very private, phone. \$69,950. Ph: 043-571-321.

NEAR CASINO, 3 blocks of beautiful bushland. Magnificent timber. Abounding with wildlife. Permit to build. Ideal for farming or investment. 100 acres at \$25,000 (elec., ph.); 300 acres at \$29,000 (permanent creek frontage). For more details contact 047-514-848.

250 ACRES hilly to undulating, permanent water, 12 miles Barraba. Bitumen road to gate, school bus. All mod cons 3 B/R home; 30 acres barley. Sheds included for piggery, water a feature. \$135,000. Stock at value extra. Write Coorabin, BARRABA 2347.

TAMWORTH, NSW - 300 acres permanent creek right. Through absolutely private tropical valley, no through traffic. Suit hobby farmer or retired nature lover. Solar power, schools, shops available. Private sale \$26,000. Ph: 067-695-503.

UNIQUE OPPORTUNITY - subtropical island, Richmond River northern NSW, close to all facilities. \$128,000 full price or 8 shares, \$16,000 each. Includes pontoon, tractor, slasher, 21 ft cruiser, 15 ft dinghy. Write P. Hancock, C/- PO, BROADWATER 2470.

100 ACRES, half hour inland from Grafton with cabin, large shed enclosing laundry/bathroom; fruit trees and vegetables planted. Land backs onto state forest and has dam, waterfalls, rainforest, gullies and is heavily timbered. \$45,000 ONO. Ph: 066-494-165.

ON TWO ACRES, 10 miles Inverell, 3 B/R W/B house. New kitchen and bathroom, electric and S/C stove, 8000 gal. rainwater. Pipe to river, fruit trees, use of 600-acre common. \$40,000. Ph: 067-2304 x 132.

NORTH COAST NSW - 2 B/R near-completed home set on 40 acres secluded natural bushland. \$65,000. Write Richard Fields, Turners Rd, WOODBURN 2472. Ph: 066-822-545.

SOUTH COAST, BEGA AREA - 16 acres. Princes highway frontage, suit nurseryman or similar venture. Town water, dam, fenced. North East aspect. \$16,500. Contact 02-665-6546 AH.

BUSH PADDOCKS available Nymboida via Grafton - 100 acre and 15 acre priced from \$28,000 to \$17,000. Main road frontage, electricity and town water available. Phone 066-494-152.

50 ACRES OF SEMI-CLEARED LAND 40 km N-W of Kempsey just off Armidale Rd. Urgent sale, genuine reason. \$33,000. Phone: 03-314-2048.

DORRIGO - beautiful 8 acres; power, dam. \$30,000. Ph: 0667-726-525.

VICTORIA

EAST GIPPSLAND. Benn River frontage - rare opportunity to purchase (a) 38 acres which includes 5 acres bush, 6 paddocks, new fencing, yards, hay stable, other sheds. New 24 x 20 ft steel shed concrete floor, comfortable 15 sq 4 B/R W/B house on concrete stumps. All mod cons, S/C stove, SEC, phone connected. Long verandah, 11,000 gal. con. tanks and other tanks. Established gardens, numerous shrubs, trees, productive vegie garden, orchard. All irrigated, 4 pumps and plant included. Attractive property in delightful setting with river frontage. \$78,500. (b) Ten acres pasture, 2 paddocks, large shed concrete floor, 2500 gal. tank, irrigated river garden, SEC transformer, phone on boundary, excellent homesite with river curving round, including irrigation pump/plant. \$29,000. (c) 17 acres pasture, long river frontage, handy to SEC and phone. \$25,000. River Benn excellent permanent water. Bitumen frontage, fertile loam, lush pasture, reseeded, supered. Princes Highway 8 km, shop, school 2 km - school bus route. Stock, plant at valuation. Title acreages quoted only. Phone Webb 051-583-240.

SECLUDED VALLEY, quiet retreat nestled in hills almost completely surrounded by state forest. Abundant wildlife - bird lovers' paradise; 82.2 ha, one third bush two-thirds cleared, subdivided into 8 paddocks - flats, undulating, unsupervised pastures. Abundant water, creeks, springs and dams. Two livable houses, electricity and phone connected. Numerous old sheds including dairy, pig sty, machinery, new hay shed, as-new cattle yards with crush. Excellent condition. Suitable for nut trees, grazing. Suit community or quiet lifestyle. Phone owners 057-534-560.

WEST GIPPSLAND, 122 acres undulating to hilly, half pasture, half bush, magnificent views. Grows good berries and vegetables. Five-room older style W/B house; potbelly stove, septic tank, SEC and phone, 25,000 gallon water storage plus dam. \$85,000 includes equipment, tools, furniture and fittings. Phone Robert 03-568-1289 or 056-685-205.

GIPPSLAND, VICTORIA - small 6-y-o vineyard (539 vines) and beautiful mudbrick home; 43 acres partially cleared with 2 titles. Frontage onto splendid permanent freestone creek (good swimming holes). Workshop and winery built over cellar; 18 fruit trees, native garden, power 5 kVa diesel generator/inverter. Private; 13 km Briagolong, 30 km Maffra. Ph: 051-455-337.

WARRNAMBOOL DISTRICT, VICTORIA - small village of Noorat - 4 B/R mudbrick home, 8 acres rich soil, 2 paddocks. Views across Mt Noorat. Permaculture design, established vegetable gardens, orchards, poultry forage, woodlot, nut and fodder trees. Near schools. Lock-up garage. Asking \$80,000 ONO. Anxious to sell. Michael & Sue Grimes phone 055-925-367.

MARLO, 5 ACRE attractive block mostly bush, less 1 km coast and Snowy River inlet. SEC school bus route. \$25,000. Ph: 051-584-244.

OTWAY RANGES, VICTORIA - 17.5 acres, 5 cleared, balance rainforest. Backs onto national park. Building permit. Permanent creek. Ph: 055-932-011.

GRASSIFIEDS

PROPERTY FOR SALE

VICTORIA

TWENTY ACRES, 2 acres pines, good fences, outbuildings, vegie garden, concrete tank, water, spring, 4 bedrooms, combined kitchen/dining, electric stove, gastop, wood comb., with hot water system, electric booster, wood stove, lounge curtains, light fittings, carpeted. Price \$48,000. L. T. Tyquin, PO Box 114 CASTERTON. 3311.

BUSHLAND RETREAT, 300 acres, only 2½ hours from Melbourne. Adjoins the Grampians National Park. Almost entirely covered by light to dense forest. Rocky outcrops and gentle to steep slopes. Close to power and excellent road to the block. Deep black loam and clay soils suitable for mudbricks. Price \$46,000 ONO. Ph: 03-439-6460 evenings.

FLOWERDALE (Vic.), peaceful tranquil setting, 52-sq home on 27 acres; 2 completely S/C apartments within building, plus 7 B/R, large lounge/dining room with kitchen, toilet facilities. Excellent water heating, power, telecom. Two creeks, wildlife, natural bush, ideal community, large family, 50 minutes Melbourne. \$185,000. Ph: 057-821-990.

TWENTY ACRES bordering state forest. Cleared house site, views, established pistachio nut tree grove, irrigated from large dam. SEC connected to storage shed. Two minutes town centre St Arnaud. \$19,500 ONO. Phone: 054-952-034 after 6 pm.

BEAUFORT AREA — one block left — approx. 42 acres mature bush, spectacular views, ideal dam sites, small cleared areas, adjoins state forest. Next to group of 4 families with young children. \$21,000. Kevin or Joanna 03-437-1943.

WEDDERBURN, old 2-3 B/R mudbrick cottage on half acre; freshly painted, open fireplaces, wood stove, septic, town services. Established vegie garden, young fruit trees, duck house and pond. \$28,000. Ph: 054-943-454.

WEDDERBURN — mudbrick house on three-quarter acre, 2 large B/R, open fires in lounge, kitchen. Established garden, close state forest. \$36,000. Ph: 054-943-098.

27 ACRES, 58 km S-E Mildura on Murray River; 12 acres overhead sprays on rich red loam, 15 acres suitable pasture; full water right; apple, apricot, orange, pear and mandarin trees. Cosy 3 B/R canite home; large shed, dam, good tractor and equipment. Primary school and shop 2 km, school bus past gate. \$85,000. More details phone 050-291-437.

QUEENSLAND

MALENY, 320 acres overlooking Glasshouse Mountains and coast; 2 km town, 60 acres rainforest, creeks, waterfall. Dozens homesites, bitumen road frontage, electricity passes, 25 minutes beach, 2 titles, suit group. \$850/acre. Write N. & L. Parker, Lot 184, Western Ave, MONTVILLE 4560. Ph: 071-429-338.

CHILDERS, 20 acres, well timbered, undulating, power, phone available, water from potential bore. Bitumen road frontage, 15 km from town. \$22,000. Ph: 071-954-709 AH.

52 ACRES in granite belt near Stanthorpe. Natural bush and rock on hillsides, cleared creek flats, permanent spring-fed dam. W/B house, partially renovated, electricity, S/C stove. School bus to town, local primary. Decomposed granite soil grows vegetables, fruit. Suit self-sufficient lifestyle. \$50,000 ONO. Ph: 07-351-6997

BEAUTIFUL ESTABLISHED 6-acre avocado/small crops farm Hervey Bay area, Qld. Close to Fraser Island and beaches. Deep freshwater river frontage, light sandy loam growing 70 avocados (income producing), plus numerous other subtropical fruit trees. Underground trickle irrigation, tractor and slasher etc, large modern sheds. Modern 2-4 B/R colonial homestead with attic. Secluded but only half mile to school, shops, railway, doctors. Price \$89,000. Ph: 071-294-982.

HIGH ISOLATED AREA, 420 acres freehold; 4 B/R home, sheds, magnificent views and climate. Gully, large dam, good fish. Suitable self-supporting, growing plums, vegies, irrigation. Bushland suitable goats, cattle. For details phone 076-834-338.

COLSTON PARK, 10 minutes from Sarina, 1000 ft above coast, magnificent views — 226 acres special lease plus 16 acres freehold. One modern home, one cottage, power, phone, electricity, ample stored water, school bus passes. Variety bearing fruit trees, 40 pine trees. \$125,000 ONO. PO Box 1305, MACKAY 4740. Ph: 079-504-158.

STANTHORPE AREA — 15.6 ha, 2 B/R cottage with electricity, hayshed, stockyards, dam, some cleared land — \$50,000. Same area, 71 ha, some cleared land already fenced off, dam, rest natural timber. Ideal for goats or other livestock. \$70,000. Ph: 067-521-673.

DARLING DOWNS — ideal opportunity to live amongst alternative lifestyle and share this wonderful area which is completely surrounded by state forest. 100 acres heavily timbered with cypress pines, iron bark and white gum. Good soil, plenty of wildlife, phone, 30 mins from Dalby. \$28,000. Phone Peter 074-682-167.

GIN GIN — 26 acres, 6 cleared, well treed with creek and permanent spring ideal for swimming; 40 km from Bundaberg, 8 km from Gin Gin, 45 minutes to beach. Phone and power available. \$25,000. Contact J. Buchecker, 24 Grey St, BELGRAVE 3160. Phone: 03-754-7855 or 03-208-802.

ORCHARD, 37 ACRES 40 km from Bundaberg. Permanent river and creek frontage. New home — split face Besser, cedar, treated pine. Extensive pergolas, fully finished, all facilities. Perfect climate, separate granny flat or studio and huge shed. Landscaped gardens, spectacular views, 300 established trees, full underground irrigation. Must sell. \$140,000 (includes \$10,000 new machinery). Photos available. Michael, PO Box 1520, BUNDABERG 4670. Ph: 071-774-243.

HOBBY FARM, Hervey Bay — 13.75 acres. Large Qld home, renovated; power, phone, good water supply, sandy loam soil, 40x20x12 shed, turkey pens, rider mower. Close fishing resorts, school bus, secluded. \$87,500 ONO. Marshall Gay, Beelbi Ck, M/S 787, HOWARD 4659. Ph: 071-294-849.

SUBTROPICAL ORCHARD, small crops Bundaberg area. 52 acres mostly frost free; 250 fruit trees majority 6-8 y.o., avocados, mangoes; 3-B/R home (phone, electricity, septic, schoolbus) sheds, yards 6 mill. gal. dam (abundant birdlife), tractor equipment. 9 km Gin Gin, schools, hospital, etc. Currently grows 12 acres veges, runs 20 cows, lots further potential. \$97,000 ONO. Phone Terry 075-354-208.

WE HAVE FOR SALE 6 blocks of natural bushland approx. 100 acres each, separate title deeds. We have already sold 3 blocks to people who want to leave the majority of the land in natural state. Water, prolific wildflowers, superb views, granite boulders, areas suitable crops, 9 miles Stanthorpe, S-E Qld. \$26,000 each. Photos available. Terms negotiable. Ph: 076-833-183.

FREEHOLD 40 ACRES situated 60 km N/E Bundaberg. Undulating, lots of trees and pasture, permanent water, windmill, damnable creek, road frontage; 20 minutes to secluded beach, close to fresh and salt water rivers. Brilliant potential. Must sell due to circumstances. Write Jim, C/- 1/84 St Pauls St, RANDWICK 2031. Ph: 02-399-8718.

RUGGED PLATEAU COUNTRY, headwaters of Dooyles River. Panoramic views; 160 acres, four-fifth bush, cleared house/cultivation sites. Waterfalls, some ferns and orchids. All-weather access. Phone available; 45 minutes from Taree. \$35,000. Ph: 03-723-2717.

OFF GIN GIN BUNDABERG Road, 18 acres; permanent creek, bus to schools, 5 B/R Hardiplank home, tractor, good soil for small crops, perfect for bee keeping, native trees, birds, private position. \$75,000. MS 368 BUNGADOO VIA GIN GIN 4671. Ph: 071-774-208.

QLD COUNTRY TOWN — Howard; large 3 B/R shady home with attic, newly renovated. Large half-acre shadehouse; plenty trees; all facilities; handy fishing, crabbing etc. Only \$45,000. PO Box 28, TINANA, 4650. Ph: 071-223-961.

BUSH RETREATS, MILLMERRAN, QLD (Toowoomba 80 km). Three well-timbered blocks, pines, ironbark, gums. Power and phone available. Blocks are 22 acres each, 2 adjoining. Vendor finance available. Price \$14,000 per block. Selling for health reasons. Ph: 08-797-330.

54 ACRES, 10 miles from Texas, Qld. Partly cleared and fenced. Ideal clay for mudbricks. Livable shed, other sheds, fowl runs, stock yards, partly finished mudbrick dairy, 2 small dams; 5 miles to school bus. \$20,000 cash or terms. PO Box 79, TEXAS 4385. Ph: 076-531-232.

S-E QLD, 100 freehold acres natural bushland, prolific wildflowers, superb views, granite boulders, creek water, areas suitable crops, 9 miles modern town, Stanthorpe. Photos available, terms negotiable. \$26,000. Reverse charge phone 076-833-183.

BEAUTIFUL QUARTER ACRE semi-rainforest, scenically situated, good potential, Kuranda, N.Q. \$50,000 ONO. Ph: 071-824-211.

GOAT OPPORTUNITY, SE QLD, 305 acres. N.E. slope, 3 miles town and highway, 30 miles Toowoomba, good road, running creek. \$55,000. Ph: 076-981-551.

GRASSIFIEDS

PROPERTY FOR SALE

QUEENSLAND

LAMB ISLAND—cottage, bedroom, sleepout, 2 blocks, mature trees, power, phone, septic, near water and in sunny Qld. \$27,000. Ph: 075-491-362.

STANTHORPE QLD, 35 acres next to school, 10 min. to town, partly cleared. \$18,000 ONO. More information write to Peter Rauber, PO Box A88, SYDNEY SOUTH 2000.

QUEENSLAND, Tara Redland Estate — 30 acres uncleared land. Am now settled in WA. Urgent sale, \$14,000 ONO. No agents, private sale. 470 Turner Rd, BRIDGETOWN 6255. Ph: 097-611-473.

SUIT LARGE OR 2 FAMILIES — 13 acres, large dam, 10,000-gallon poured-on-site water tank; 5 B/R, 3 up 2 down. High set, new brick base, fully cemented underneath. Old style upper section giving character. Phone connected. Toilet up and down stairs. Chook pen, free school bus to door; 12 minutes to Hervey Bay. Bargain at \$68,000 due to renovation not quite complete and family taking residence in Brisbane in December. Must sell. Consider swap round Caboolture. Carries ERA 12-month home warranty. Phone Rob Dalton, ERA Ward and Francis 071-281-344.

TASMANIA

URGENT SALE, south coast Tasmania, 15 acres on bay, power, school bus, creek, grass root neighbours. \$10,000. Ph: 002-981-193.

ALTERNATIVE HOUSE WITH CLASS — furnished, huge garden, rock, bottle, book collection included. Restored windmill pump, chaff cutter, cream separators, trailer, grain crushers, combustion stove plus hundreds of items. Northern aspect in small bush town, fully fenced, clean goat sheds and blackwood chook house. \$25,000 or offers house only. Full details to Mr G. McLean C/- PIONEER Post Office, 7254.

NORTH-WEST TASMANIA — 140 acres, mostly cleared, some mixed forest. Creek with waterfall, magnificent panoramic views, trout fishing area. Land would be suited to agro-forestry development. Subdivision possible, power, phone readily available; 50 minutes from major centres. Private sale, \$74,000. Ph: 004-291-292.

TAYENE, NORTHERN TASMANIA — comfortable 3 B/R W/B home; combustion stove, HEC and phone on 80 acres. Bordering state myrtle rainforest; 60 acres pasture, 17 bush, 3 acres private. Lake stoked with rainbow trout and waterbirds. Mountain trout stream passes through property. Many sheds, good views, no neighbours, ideal for home or retirement. \$69,500. Ph: 003-393-512.

NORTH-EAST TAS on South-Esk River at upper Esk. 5 B/R W/B house; 15 acres bush, 35 clear. Red soil, water-race, dairy, double garage, sheds, domestic orchard. All needs repair, heaps of potential. \$35,000. Plus two 15 acre blocks near this, \$10,000 each. Really pretty. R. J. Leatham C/- MATHINNA PO 7214. Ph: 003-771-153.

ABSOLUTE BARGAIN TASMANIA, 42 acres — two-thirds pasture, one-third heavily treed. Lovely views Mt Roland, 7 miles Sheffield, elevated, undulating, secluded, good soil, dam spring-pressured water, fenced, all-weather access council maintained road. Rated minimal \$42 yearly. Power, phone; lies to north, maximum winter sun; greenhouse, orchard, vegie garden, chooks; truck, one-roomed cabin, log fire, modern combustion stove, large garage, 23-ft caravan only 25 miles Devonport ferry etc. Worth \$55,000, ill health now forces absolute giveaway \$39,950. Ph: 004-911-729.

TASMAN PENINSULA — beautiful secluded 41 acre property. Newly built home — dormer bedrooms, colonial windows, stone fireplace, s/c stove, electricity. Small guest cabin, established fruit trees, good soil, dam, 6000 gal rainwater storage, surrounded by forest, good neighbours, 1½ hrs to Hobart. \$55,000. Phone Sue 002-502-387.

TASMANIA, 50 acres, 2 bush blocks. Good soil, scenic area, excellent permanent creek through each property. \$25,000 each. Also 100 acres with incomplete livable 2 B/R log cabin. Hydro, phone, ample gravity water, school bus, magnificent views, 20 x 40 ft shed. \$95,000. Ph: 004-911-671 evenings.

BUSH BLOCK 64 acres, Golden Valley, north Tasmania. Permanent creek, good access, N-E aspect, power available, school bus. Includes livable tram, near-finished mudbrick shingle cottage — combustion stove in each. \$34,500. P. Young, 22 Gay St, DELORAINE 7304.

EAST COAST TASMANIA — 2 B/R home newly renovated. Copper fire plus Kent heater. Panoramic views of ocean, beaches and harbour. Close to shops, school, pub. \$37,000. Ph: Bicheno 003-751-340.

MURDUNNA, S-E TAS — 3-room cottage, opposite delightful bay. Bird life abounds, tank water, power, potbelly stove. \$14,500. Ph: 053-392-759.

115 ACRES overlooking Huon river, with shack and dam. Part cleared, remainder natural bushland. 1 hour to Hobart. \$20,500. Ph: 02-546-6767.

TASMANIA, NEW NORFOLK DERWENT valley — 143 acres rugged bushland, fantastic views, cliffs, caves, fenced clearings, 20 miles Hobart. \$25,000. Ph: 053-687-277.

EAST COAST TASMANIA — 50 acres bush with site cleared for house and garden. Beautiful sea and mountain views, good soil, permanent creek and springs, only short drive to beaches and shops. \$18,000. Ph: 003-722-459.

N-E TASMANIA — cosy renovated house, sound construction — \$19,000. Details from G.L. McLean, PO PIONEER 7254.

NORTH-EAST TASMANIA — Gladstone — 2½ acres freehold land; 3 B/R B/V w. sandstone render, 2 large verandahs, country kitchen with S/C stove, walk-in pantry, laundry with central heating on wood for whole house. Lots of built-ins, phone, carpets etc. Garage under roof, 3 solid outbuildings, workshop, emergency generator. Large vegetable garden with 24 fruit trees, ample berry fruit. Town water plus 8½ rainwater storage underground; 5 minutes walk to shop, school, pub, PO, nursing centre; \$49,500 neg. Ph: 003-572-175.

WEST AUSTRALIA

WESTERN AUSTRALIA'S SOUTH coast, 22 miles north Denmark 10 acres (Purple Title exclusive use agreement). Authentic W/B mill cottage recently renovated, 3 B/R, lounge, kitchen, bathroom, gas stove, Wundowie potbelly, verandahs and sheds, generator, rainwater, 1 mile school bus. Abundance wildflowers, river and forest boundaries, 1 mile to waterfall. \$27,000. D. Duncan, PO, ONGERUP 6336. Ph: 098-282-051.

HALF SHARE OF 51 acres on Porongurups. Cottage with spectacular views. \$27,000. Ph: 098-531-087 anytime.

OTHERS

KANGAROO ISLAND — 85 acres. This beautiful property is situated near Snug Cove on the north coast, is about 20% pastured, rest natural bush on gentle slopes and flat areas, includes heavy timber, partly fenced, permanent creek, excellent views, mostly bush, although some sea views. Good access road, excellent fishing and swimming close by, school bus. \$40,000. For lots more information phone Graham or Cheryl. Ph: 09-405-1883.

FOR SALE REGRETFULLY due transfer. Bush block 36 acres freehold. Suit person seeking seclusion or private reserve. Quiet very sheltered plateau at far end valley, streams, adjoining state forest. Located Kaiata, Grey-mouth. Nearest resident 2 miles. Offers NZ \$20,000 and over considered. K. Everett, PO Box 16, SHANNON, NZ.

COMMUNITIES

WE HAVE 150 HA of beautiful land in the hills between Lismore and Murwillumbah. It's about 15 minutes from Nimbin and an hour from the coast. Overall the land is owned by an incorporated company but each member has shares which give entitlement to about 5 acres for private use. In addition, members share in another 60 Ha. which is available to all for recreation, forestry, agriculture, etc. There are swimming holes and a waterfall. The basic framework of roads and dams and homesites has been completed and our initial membership has been established. Now we are looking for more people to help us move into the next stage of our developing community. People who will respect this beautiful land as well as each other. The share price of \$12,800 includes the completion of roads and dams as well as equipment to maintain them. If this appeals to you please write to: Lillifield, Lillian Rock, VIA NIMBIN 2480 or phone 066-897-224.

YOGADARSHAN ASHRAM, Braidwood, Northland, New Zealand. Forest retreat. Shares \$6000 N.Z. Guests \$50 N.Z. per week.

DEADLINES: GR 53 — DECEMBER 27TH
GR 54 — FEBRUARY 28TH

ONE-EIGHTH SHARE — 12½ acres of 100 beautiful timbered acres. Borders upper Abercrombie river. Good access, 3 dams, fertile valleys, excellent rainfall, fully fenced, friendly neighbours, 1½ hours Goulburn. Abundance building material. \$7500. Phone Warren 046-818-973.

GRASSIFIEDS

COMMUNITIES

SECLUDED BUT EASILY ACCESSIBLE fertile valley at base of Many Peaks Range, 50 inch plus rain. Share in 1081 acres company property with 11 acres exclusive use, nearly 900 common land; 13,000-acre forestry adjoins. Council approved highest 2 B/R home on elevated site; laundry, workshop, study - 3 B/R downstairs, verandah all round, floor to ceiling windows with rare views of forest-covered mountains and valley. Built-in kitchen, tiled bathroom, septic, gas fridge, hot water and stove, phone, rainwater tank. Creek runs through share, pure mountain water (drinkable). Gravity-fed water system to house and gardens with buried pipes. Rich deep dark soil in flats with established fruit trees and palms. Approx. 4 acres cleared and fenced. Large, separate craft workshop also with views (easily convertible to living area). Also shed, big rotary hoe, new ride-on mower, brush cutter, Datsun utility, motorbikes and more. Must sell, going overseas. \$80,000 all included; optional extra share, 10 acres on top of range (2000 ft) extra \$2000. Photos and more information sent to genuine enquiries. R. Weissman, 'Many Slopes', MURIAM VALE 4677. Ph: 079-745-172.

MOUNTAIN RETREAT, inland from Coffs Harbour, 250 acres. Springs, creeks (suitable for ram pumps), waterfalls, volcanic soil, escarpment overlooking New England National Park. Company has been formed with 7 shares and one still available. We are a group of practical people seeking peaceful lifestyle. Share price \$14,500. L. Munro, 65 Myrtle St, DORRIGO 2453. Ph: 066-572-648.

SHARES AT ROBB FARM HAMLET, Nimbin 10 minutes, Murwillumbah 40 minutes. Some shares with creek frontages, open and timbered sites, average lot size 5 acres. Robb Farm is council approved. Water to each lot, 240 volt close to each lot, all lots surveyed. Prices \$14,500 to \$17,500, internal roads included in cost. Tight, practical legal package. Contact Mick Cahill, C/- PO, UKI 2484. Ph: 066-797-184.

LIVING HEART PARTICIPATION desired in the setting up of a natural regeneration centre as an educational model for new age awareness and conservation living with economic viability. Seeking people with experiential knowledge in ecology, biology, organic gardening, alternative energies, building and healing, home education for children, consciousness raising, the arts and craft. Share investment is \$7000 per home site and equal share in remaining 400 acres in lush forest at the head of the river. Community centre already well established; 8 shares available. Vegetarianism desirable and families preferred. Please contact Norm or Dekyong, HOME Ecosophy Natural Regeneration Centre, RMB 50, UPPER LANSLOWNE 2430. Ph: 065-569-167.

ONE-NINTH SHARE in undulating 150 acres near Lismore; 5-acre home site; good access roads; fully fenced; permanent creek, dams, springs, swimming holes; timbered/cleared land, rainforest; volcanic soil; quarry - good building stone; 105 acres common land - laundry, orchard, tractor; seven families already established. \$16,000 (includes legals). Contact Margaret Ferguson, 34 Ilma Grove, CARRUM 3197. Ph: 03-772-3714.

SHAREHOLDERS WANTED to live in small community being formed on 357 acres in Kangaroo Valley, NSW. Women, children and families encouraged. Shares \$14,000/adult. Partially sustaining community envisaged. A multiple occupancy application is being prepared. Contact Dee McShan 02-439-8383 or Andrew Solomon 02-692-9255.

SHEEP FOR SALE - stud Romney ewes with lambs, also 2 rams. Big, dual purpose sheep with lovely, long, lustrous spinning wool. Bruc. tested, immunised and drenched. Romneys usually produce twins and are not prone to foot trouble. Help given to anyone just starting a flock. Ph: 059-895-337.

12 KM FROM DORRIGO, one-seventh share in 125 acres rainforest with 20-acre clearing. River frontage, good access. Share includes cement foundations, level site, double-decker bus with running water and phone; solar lighting, frost-free site, fertile soils, fruit and nut trees, veggie garden. \$17,500. PO Box 174, DORRIGO 2453. Ph: 066-573-260, 532-484.

COOPLACURRIPA is a 3300-acre multiple occupancy property on beautiful central NSW coast (95 km from Taree). Cooplacurripa will cater for people from all walks of life who desire to get away from urban living and join in creating a rural village with emphasis on low-cost living and community self-sufficiency vegetarian lifestyle. Cooplacurripa offers new friendships and a better future. Shares in this community are relatively cheap at \$1500 which can be paid off (for all us low income earners); \$250 membership per adult gives permanent resident status, plus 3 acres for personal use, the rest for community use and activities. Contact Steve Orr, Community Share Holders, PO Box 201, WINGHAM 2429. Phone: 065-534-406 or 506-412.

ONE QUARTER SHARE - 133 acres Blue Knob via Nimbin. Permanent all-weather road. Ideal home sites. Power onto land for those interested. Permanent water. Cabin with gas stove plus hot and cold shower. Cabin can be lived in while building. Northern boundary borders Blue Knob and Nightcap National Park. \$30,000. Ph: 066-447-756 after 5 PM.

CLARENCE RIVER - legal title to 20-acre house site and share-in-common of 5500 acres with 5 miles of frontage to 2 major rivers. Rich flats, pasture, timber and wilderness. \$15,500. Further information write Chris Smith, 24 Mount View Street, CROYDON 3136. Ph: 03-723-4458.

BUSINESS FOR SALE

NATURAL FOOD BAR, health food store, Sth Brisbane, sunny Qld. Genuine reason for sale; unbeatable opportunity for growth; near Expo 88 site. Taking \$1800 p.w., increasing. \$18,000 plus SAV approx. \$6000, includes equipment at \$12,000. Would consider \$22,000 WIWO within 14 days. Ph: 07-448-324, AH 07-398-7263.

FLUTE/PIANO TEACHING. Just west of Inverell. Beautiful 4 B/R home, one acre included. In town, primary, high schools, hospital, shops, banks. Perfect start to self-sufficient lifestyle. House can be sold separately. \$29,000. Ph: 02-635-5556.

HYDROPONIC MARKET garden supplying established local fruit shop market. Crops currently produced are strawberries, shallots, silver beet, zucchini. Potential for production of wide range of fruit and vegies. Situated on 16 ha (39 acres) with 3-4 B/R house, 2 dams, fruit and nut orchard. Located in sub-tropical area near Gladstone on central QLD coast. \$116,000. Paul & Diana Sundstrom, PO Box 25, CALLIOPE 4680. Ph: 079-757-471.

HEALTH FOODS sit-in, take-away meals - North-East Victoria. Good central location, bright modern shop, excellent plants and equipment, good turnover, great potential. Ph: 060-247-633 (BH) 060-245-601 (AH).

PROPERTY WANTED

WANTED TO BUY, preferably Daylesford, Bendigo, Ballarat areas, land suitable for mud-brick dwelling to be built on approximately 5-20 acres cleared, telephone etc, price negotiable. Please ring Denise 03-478-1964 after hours.

RESPONSIBLE PERSONS (2) eager to rent, caretake or buy to \$35,000, property in area of good rainfall and soil. Wish to awaken in the quiet of a rural setting! Please write with any information to Ra Prema, 70 South Terrace, ADELAIDE 5000. Ph: 08-211-8225 BH.

WANTED NORTH QUEENSLAND, Atherton Tablelands, Cooktown, Bloomfield River, Julatten, Mt Malloy areas - 5-50 acres. Prefer water, all-weather road, power. Write Roberta Joyce, PO Box 26, EDGEHILL 4870.

TO RENT

THE OLD LAMINGTON PO shop/house for rent. Established local trade, lots of weekend business - groceries, healthy lunches, arts and crafts. Minutes to Lamington National Park and some of Australia's finest bushwalking. Lovely old timber home (mountain views) adjacent to beautiful Christmas Creek. 10 acres excellent pasture. Market garden potential. Steeped in Australian history. Only \$100 p.w. (includes shop fittings). Please phone Georgina 075-448-288.

TASMANIA TROUT FISHERMAN needs old farmhouse to rent for 3 months from Dec-March. Prefer central highlands or Deloraine area but will consider anywhere. Willing to help on farm and rough it without electricity. Mike Kelly, Post Office, THE BASIN 3154. Ph: 03-762-8492.

QUIET, RESPONSIBLE BUSINESS woman moving interstate in December 1985, seeks share accommodation in or around Canberra with down-to-earth, happy non-ragers. Please write ASAP to Kathy A, C/- 184 Main Rd, AUSTINS FERRY 7011.

FOR LEASE - small area suitable hobby-type farming. Applicant must be practical, have farm or station background. Apply M. Jery, C/- PO Box 80, COOKTOWN 4871.

**DEADLINES: GR 53 - DECEMBER 27TH
GR 54 - FEBRUARY 28TH**

MARRIED COUPLE with young family (3) wish to rent cheap house E-W Tamar or Longford areas. Write Mark and Gayle, 44 Mitchell St, Mayfield, LAUNCESTON 7250.

GRASSIFIEDS

TO RENT

SINGLE PARENT (fem. 32, child 7) want to rent house with land. Must be at least 4 km away from school or school bus route. Also looking for single parent to share with. Please write to Anne Hamilton, 18 Argyle Terrace, KLEMZIG 5087.

TO RENT IN VILLAGE Nerrigundah, 3 B/R house with S/C stove, hot water system, garden, 20 minutes to Bodalla, school bus. Contact Brian & Liz McDonald, RMB, Nerrigundah, via BODALLA 2545.

WE ARE A COUPLE wanting long-term lease on large farm or country house around the central coast/Blue Mountains area, NSW. Requirements are garage and fireplace. John Rader, 34 Birraga Road, NORAVILLE 2263.

FOR LEASE — 100 acres, small cabin, Flinders Island Bass Strait. Isolated ocean front, no utilities. Ron Barnett, PO CANDELO 2550.

LOW RENT, small cabin on 100 acres half-hour inland of Grafton. Many extras. Phone Lyall Burgoyne on 066-494-165.

OPPORTUNITIES

SINGLE GENT (45) needs back-yard storage for 1-2 vans, Gold Coast or hinterland area, for small rent or help with odd jobs. Contact Karl, PO Box 1992, SOUTHPORT 4215.

UNIQUE OPPORTUNITY to establish a general store in a rural community. Billen Cliffs is 321 ha established multiple occupancy community in N-E NSW. 40 families are now resident and the near future will see a village of over 100 families. The central point of this pioneering development is a house and 2 acres with power, phone and water suitable to use as a general store, restaurant or other commercial venture and residence. The community is ready now for someone with initiative and enterprise who desires, not only to live in the country in an alternative culture but is keen to be self employed. This is once in lifetime opportunity — a business venture combined with community living. Valued at \$39,000. All enquiries to Don Tilbury, PO Box 895, LISMORE 2480.

BEAUTIFUL SANDSTONE HOMESTEAD (1860s) plus 50 acres requires person cohabit with owners (he 32, she 27) who visit weekends. All conveniences, close facilities, 2 1/4 hours West Sydney. Suit aware creative soul/s, children OK. Ph: 02-435-802.

WE WANT TO MOVE to Queensland early 1986 but cannot afford to buy our own place yet so we would like to rent or caretake while we save. We are a responsible, practical married couple dedicated to GR philosophies. If you can help us please write to John & Elke Sutton, Possum Cottage, ROLEYSTONE 6111.

SERVICES OFFERED

ASTROLOGY, PERSONAL READINGS, birth chart \$20, 5-year forecast \$20, both \$30. Send date, time and place of birth with any questions. If time not known give dates of 3 important events. William Lake, 12 Goremans Rd, EUREKA 2480.

AN ALTERNATIVE EDUCATION: Milbi School opened in 1984 and is a fully independent and registered primary school subsidised by the government. The school offers a very broad curriculum based on the guidelines originally suggested by Rudolf Steiner. Milbi is situated on a biodynamic farm in Katandra with children coming from as far as Mooroopna and Kialla. Enquiries phone 058-283-418 and 283-465.

THE PRIMAL PLACE is a group of people who have primaled (felt) their way beyond the limitations of therapy. A way into the unconscious to end suffering and be truly conscious. Feel the real you. An offer of an environment for self-help, self-learning, self-healing and spiritual exploration from a Self-Primaler. A way of life through Primal: peace, harmony, contentment, serenity. There is another way to 'be'. Write to The Primal Place, 4 Laurina Court, PO Box 67, DOVETON 3177. Ph: 03-792-9736.

BLACKWOOD COMMUNITY SCHOOL. A parent-run co-operative school where children learn in a relaxed home-like atmosphere. A few vacancies still exist for 1986. Parent participation strongly encouraged. Ring teachers Marion Pears and Sandy Barnes with enquiries; 19 Leonard Street, NORTHCOTE 3070. Ph: 03-489-2253.

HOLIDAYS

HORSE-DRAWN GYPSY WAGONS for hire. Meander along quiet country roads and leafy tracks in our specially designed caravan-style wagons pulled by majestic Clydesdales. For brochure write Promway Gypsy Wagons, South Gippsland Highway, YARRAM 3971. Ph: 051-826-119.

HORSE RIDING HOLIDAYS. Full accommodation, meals, all the riding you want for \$150, 7 days, or \$50 weekend. Children and beginners well supervised. Other activities include canoeing, fishing, swimming, bushwalking. Come relax down on the farm. Pat Smith, Valhalla Appaloosa Stud, FALLS CREEK 2540. Ph: 044-478-320.

'WAIRANE' — for private nudist holiday, an artist's dream; 4-berth caravan available on half farm half bushland site with livestock of all sorts. Write RMB 4430, GLENROWAN 3675. Ph: 057-652-315.

GARDEN AND ORCHARD

APPLE MINT, EAU-DE-COLOGNE MINT, peppermint, spearmint, golden rod, yarrow, tansy plants. Honesty seeds, nigella seeds. \$1.00 each post free. 'Mary's Garden', Box 25, CARISBROOK 3464.

BEAUFORT HERBS, wide range culinary, medicinal and fragrant herbs. Plants sent Australia-wide. Send \$1.50 stamps for catalogue. Burders Lane, WHITLANDS 3733.

QUANDONG SEEDS WANTED, edible type. Please contact Paul Brown, 23 Silver St, ST PETERS 2044.

LIVESTOCK

HARNESS DONKEY, gelding, very smart, big and strong. Silmaril Cashmeres. Ph: 057-789-556.

GOATS, ANGLO NUBIAN: one doe with doe kid; one doe 12 months. Very friendly, good homes essential. Lesley Brownlie, Silver Top, NOORINBEE NORTH 3889. Ph: 051-587-237.

TOGGENBURG DOES — milkers, young milkers and doelings, well loved, paddock run. Must sell as now working full time. Reasonably priced. Ph: 049-974-612 after dark.

COLOURED ANGORA GOATS, AGB registered, full fleeced, brown to black/grey. Also one AMBA registered white buck, sire Glenroy Tamir Peter. Ph: 02-932-896, Genevieve.

DONKEYS: Roaring Lion donkeys are quiet, obedient and pretty. Consider acquiring one. Contact Armin Ptak, Roaring Lion Donkey Stud, Undalya, PO Box 102, AUBURN 5451. Ph: 088-492-149.

RHODE ISLAND RED purebred pullets, range reared, never debeaked, 6 weeks old, immunised. Rail anywhere in Victoria. Wonderful layers. Ph: 054-734-362.

FOOD AND KITCHEN

WALNUT KERNELS, fresh, Victorian organically grown, hand-cracked halves and some pieces — \$12 per kg or 1.5 kg for \$16. Please add your state's postage: NSW and Tas. \$4.40; Vic. \$3; SA \$4.60; Qld \$5.20; WA and NT \$5.80; Store well in fridge or freezer. Post M/O or cheque to Ovens-Fresh Walnut Kernels, Ovens Highway, EUROBIN 3739.

HOME STONE FLOUR MILLS. Mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark Stone Flour Mill. 'Endorsed by Housewives Association'. Distributor enquiries welcome. Write for catalogues to Retsel Distributors, PO Box 712, DANDENONG 3175 enclosing three postage stamps. Ph: 03-795-2725.

HANDCRAFTS

POTPOURRI & SACHET SUPPLIES. We now have the largest range of materials for potpourri work at the lowest prices in Australia — potpourris, flowers, herbs, spices, essential oils, books . . . and much more. Small or large quantity, our price and range is the best. Write for free mail order catalogues: Potpourri & Sachet Supplies, PO Box 53G, NORTHCOTE 3070. Ph: 03-489-8405.

NATURAL SKIN CARE. Handcraft your own skin preparations. Over 100 guaranteed easy recipes and remedies using natural ingredients — lotions, creams, fresheners and more. Booklet reprinted by demand. Send \$5.20 (includes postage) to Herbal Beauty, PO Box 157, AUGUSTA 6290.

ELFIN HANDMADE BOOTS AND SHOES. Made to your measurements from carefully selected leathers in a wide range of colours and styles. For illustrated catalogue and leather samples send sae plus \$1 to Myrtle Pettigrove, Bradford Road, LOCKWOOD RSD 3551.

BULK POTPOURRI — organically grown, naturally dried, fully matured. Five fragrant blends of flowers and herbs; 200 g each, for \$40. Also, make-your-own p.p. mix and instructions, \$5 per packet. All post paid. SAE for details. Janet Parkin, PO NIMBIN 2480.

GRASSIFIEDS

HANDCRAFTS

GET WEAVING with AM&S Richmond table looms \$39; 4-shaft table looms from \$105; warping frames \$25; tapestry frames \$35, P & P \$5; set of four flower looms \$20; Richmond 'Star' and Richmond 'Grid' games on wooden boards \$6 each. Send MO or cheque to AM&S, PO Box 163, DRUMMOYNE 2047. Ph: 02-713-1203.

TAN HIDES AND FURS - make your own leather. New easy process producing high-quality work for pleasure and profit. Each kit contains enough to tan approx. 10-12 fox skins or 8 goat skins etc. Instructions included. Send cheque or postal note for \$38 to: Goulburn Valley Tanning Kits, PO Box 108, TATURA 3616. Ph: 058-552-329.

NATURAL PRODUCTS: raw materials for making essential oils, gums, balsams, extracts, natural chemicals, perfumes etc. Ideal for all soaps, cosmetics and household formulas. Native plant products available. Formulations to your specifications. For free product list write to Australian Botanical Products, PO Box 187, RICHMOND 3121. Ph: 03-428-4192.

TAPESTRY STAND KIT. A must for the tapestry enthusiast - beautifully handcrafted, fully adjustable, competitively priced, pine stand with three popularly priced frames. Write for mail order information to Anna Hunt, PO Box 53G, NORTHCOTE 3070. Phone: 03-489-8405.

ASFORD SPINNING WHEELS available in North Qld from Secret Garden Perfume Products and Crafts, GARRADUNGA 4860.

PUBLICATIONS

ANIMAL FRIENDS, quarterly, the magazine for all who love animals. If you share your life with an animal friend, this is the magazine for you. Regular features include veterinary column, book reviews, young people's page, lively letter pages plus factual and entertaining features. Subscription to *Animal Friends* is only \$5 a year. Animal Friends, Broomtail Publications, EAGLEHAWK 3556.

GYPSY COOKBOOK. Simple nutritious recipes with descriptions of a way of life both charming and adventurous. **GYPSY STORYTELLER.** Campfire legends and poignant tales of Romany people as told to children by the Phuri Dai. \$4.25 each; if you send payment with order we send books post-free. Good Book Service, PO Box 449, ASHFIELD 2131.

COMMON GROUND - quarterly publication containing lists of individuals and groups around Melbourne offering goods and services connected with personal growth and well being plus related articles and interviews. *Common Ground* is free, but donations are gratefully accepted; mail subscriptions \$5 per year. Karen Mercury, New Age Communications Network, 2 Hotham St, SOUTH MELBOURNE 3205. Ph: 03-699-6776.

A BOY'S HANDBOOK - an informative book written expressly for boys who like games and toys that do something. Educational, enjoyable and enchanting. A timeless illustrated text ideal as a gift. Send \$3 to Jean Austen, PO Box 8064, TAURANGA, NZ.

FREE - FREE - FREE. The following literature is available free of charge: The Ten Commandments; The Christian Woman; Gods Holy Days. Write to Church of God International, Box 178, MAYFIELD 2304.

BEDWETTING AND THE OLDER CHILD by Judith Collins, discusses tried remedies, cleanliness routines, reducing odour, family attitude, associated behaviour and more. A simplistic approach on a practical basis. \$2.45. HearSay Publications, Addison St, THIRLMERE 2572.

RECYCLED BOOKS - 10% discount - garden, farm, crafts, health, useful arts, ecology, botany, geology. List \$2. S. Carter, PO Box 73, MORTDALE 2223.

FIBRE FORUM is the tri-annual, colour magazine of the textile arts for Australia and regions. Subscriptions in 1985 are \$15/year (\$28/2 years). Send \$4 for a sample issue. Write to The Australian Forum for Textile Arts, PO Box 77, University of Queensland, ST LUCIA 4067.

FINDING ALTERNATIVES TO SCHOOL. Personal accounts by 3 families: home education, family home school, and starting an alternative school. \$5 plus \$1.25 postage to Marion Pears, 86 Anderson's Crk Rd, EAST DONCASTER 3019.

MISCELLANEOUS

HANDCRAFTED SKIN PREPARATIONS. No preservatives or colouring, unperfumed, allergy tested, pure ingredients. Send SAE for free information. Earthdew, PO Box 157, AUGUSTA 6290.

QUEENSLAND COLD-PROCESSED aloe vera, \$10 per litre; 98 per cent pure gel (Qld people only). Earn a few dollars on the side. Lois Chappel, phone 071-961-186.

WONDERWORM FARM. Recycle garbage into rich organic soil. Use our red worms and throw away your spade. Halves composting time. \$16 per 1000, cheaper rates for bulk orders. Ideal for pig farmers, orchardists and home gardeners. Free instructions included. Wonderworm Farm, 88 Hume Highway, WELBY 2575. Ph: 048-711-337.

MOBILE HOME, Leyland double-decker bus, fully fitted out, 3 B/R, large lounge, full-sized gas oven, freezer, fridge, Technics stereo, washing machine, timber lined 26-ft vinyl annexe, fully carpeted, plenty of storage space, mech. A1, 100-gal water tank, 24 volt lights, airconditioner - too much for adv. \$15,500 ONO. Apply Clybucca caravan park approximately 12 miles north of Kempsey on the Pacific Highway, NSW or phone 065-650-132.

BATTERIES - deep cycle - 6-volt, 110 amp hour, suitable for home lighting. \$30. also truck, tractor and car batteries. All in unused condition and at less than half new prices. N.N.E., ROLLANDS PLAINS 2441. Ph: 065-858-239.

CRYSTALS - CRYSTALS - CRYSTALS. Best quality natural Arkansas quartz crystal and amethyst. Very small to very large crystals at the lowest prices in Australia. Personal selection or psychically chosen mail order - Arkansas Crystals, PO Box 53G, NORTH-COTE 3070. Ph: 03-489-8405.

NUMBY NUMBY EARTHWORMS - breeders and suppliers of live earthworms for gardening, composting, horticulture and breeding stock. Our 'Speedy Breeder Compost Worm' revolutionises your compost and transforms your garden. Just \$18 per 1000 worms, includes postage Australia wide and instructions. Numby Numby Earthworms, ROLLANDS PLAINS 2441. Ph: 065-858-239.

EARTHWORMS FOR HEALTHIER plants, vegies. Buy fast breeders and turn all your organic waste into rich fertiliser: \$9 - 500, \$17 - 1000 (post incl.); airmail \$1 per 500. Coopers Worm Farm, via KEMPSEY 2440. Ph: 065-617-112.

SILKWORMS FOR SILK, pets, manure. Eggs and full information (you must have a mulberry tree); book and 300 eggs for spinners, \$5; chart and 500 eggs for kids \$3. All post paid. Janet Parkin, PO NIMBIN 2480.

CRYSTALS! Finest quality Austrian lead crystals, turn any sunny room into a dancing spectrum of rainbows; 30 different shapes. For free catalogue send sae to Taowind, PO Box 129, BELLINGEN 2454.

RARE TAPESTRY CANVAS depicting Aboriginal motifs. Send sae for photocopy showing size, price. V. Patrick, M/S 612, KINGAROY 4610.

TIGER WORMS and N.Q. snakies, cheap rates. Bertoldo Organics, MAREEBA 4880. Ph: 070-922-857.

SOLAR POWER UNIT - one 2000 watt inverter auto start; 4 Solarex panels and frame; 1 control panel and regulator MFR/24; 1 battery stand to suit. All as new working A1. \$5500 ONO. Ph: 0649-32-174.

BEE SWARMS CAUGHT with swarm lure. \$4 each post free or sae for details. Box 488, BUNBURY 6230.

CHIP-HEATERS (bath hot water heater that uses wood chips). For leaflet send SAE to Colonial Farm Products PO Box 343, ROSEVILLE 2069. Ph: 02-464-976.

WIND GENERATOR, reconditioned 2000 watt 110 volt; inverter 2000 watt 110 volt - 240 volt; battery-charger 110 volt; tower 40 ft for wind generator. \$3000 the lot. Ph: 066-477-154.

PRINTING PRESS, old style, Golding Pearl No. 14, foolscap size. \$1200 ONO. Box 17, ADELONG 2729. Ph: 069-462-229.

FEVERFEW EXTRACT available by mail order. Send \$8 plus \$2 postage for about 10 weeks supply to PO Box 5310, TOOWOOMBA 4350.

BEEKEEPING SUPPLIES. For all your beekeeping equipment contact Parkers Apiarist Supplies, PO DUNMORE 2531. Phone: 042-378-377.

DATSUN URVAN 12-seater bus, 1984 model, suit big family or commune. VG order. \$9000. Ph: 055-932-011.

DEADLINES: GR 53 - DECEMBER 27TH
GR 54 - FEBRUARY 28TH

INVERTER, 1200 watt Porta Power pack - \$500. Ph: 057-938-287.

GRASSIFIEDS

CONTACTS

I'M YOUNG 50-YEAR-OLD widower living near Nambucca Heads on a 550-acre property, 10 minutes from Valla Beach. I'm fond of classical music, antiques and a country lifestyle. My home is an 80-year-old homestead but modernised internally. An unattached lady between 35-45 years or so with a yen for a relaxed lifestyle would find here, security and affection. Sorry to sound so clinical in this ad. That's not how I really am. Allan Thornton, 52 Sullivan's Rd, VALLA 2448.

SEEKING A VEGETARIAN LADY with similar interests. I have a great love for nature, trees and mother earth and grow grains, vegetables biodynamically. Cropping 100 acres, 760 pasture and bush. Interests: nutrition, classical and folk music, travelling, swimming, Shiatsu, metamorphic massage, macrobiotic cooking, the essences, reading by a log fire. Patrick, Woodlands Farm, NARRIKUP 6326. Ph: 098-532-085.

LADY (39) CANCER, with Leo son (4), alternative thinker, but prefers city life, would love friendship with caring, sensitive man, sense of humour essential (30-50). Interests are music, art, reading, astrology, conversation, alternative health, beach and bush. Am non-smoking, semi-vegetarian, social drinker. All letters answered. Marilyn Going, PO Box 271, COORPAROO 4151.

MAN (46), 5'10" intelligent, slim, fair, sensuous, dry humour, orthodox spirituality, traditional art, music, swimming, nature, seeks slim, nicely-spoken female with balanced judgement on things as author Frithjof Schuon, willing travel o'seas occasionally, some professional where-withal, strong character, aristocratic manner. Peter Hickey, PO Box 1136, NORTH SYDNEY 2060.

SINGLE CAPRICORN LADY (31) seeks life which is in harmony with nature. I wish to correspond with single male - genuine, honest, nonsmoker, Capricorn (31-41). Divorced or separated definitely not accepted. My interests are health, cooking, yoga, meditation, outdoor activity and simple and natural lifestyle. 32 Williams Rd, WANGARATTA 3677.

YOUNG MAN (21) quiet, understanding, nonsmoker, wishes to meet lady (21-25) for lasting, caring, meaningful relationship. I am self-employed; hobbies include dirt-bike riding, rebuilding cars, music, keeping fit at the gym. Would consider moving. Only genuine enquiries. Tim, PO Box 592, NAMBOUR 4560.

SINGLE MALE (27) living on 10 acres in Otways. Bored living alone, seeks GR lady to share a simple happy life. Interests: gardening, raising animals, music, reading, the odd age and beachcombing. For more details write Paul Dwyer, JOHANNA 3238.

LONELY LIBRA MALE (38) with 2 children would like to meet honest loving female with view to marriage. My interests - rodeos, country music, horses, outdoor life. For more details write Brian Whips, 30 High St, LARGS 2321.

I AM 29 (Gemini), incarcerated in HM Prison Parklea. I would love to hear from a young lady anywhere. I enjoy reading, music and most other aspects of life. Glenn Whiteley, Box 472, BLACKTOWN 2148.

SEEKING A SINGLE WOMAN, with or without children, as a co-buyer of a 100 acre lot. Must love nature, independence, down-to-earth free living, and must be able to cope with work when needed (building your own house for instance). Enquire c/- The Two Waters Farm, PO Box 63, TABULAM 2470.

YOUNG AT HEART 58 who likes dancing, has a good sense of humour and loves grandchildren, would like to correspond and eventually meet honest, genuine man, preferably with same outlook. Country person most welcome. Where are you all hiding, please reply. Jean Webbe, Post Office, NARRANDERA 2700.

YES ANY SINGLE WOMAN may be a co-owner at the Two Waters farm. Yes we will assist with finance if needed. Yes we will assist you to build your house and to organise your land. Yes school buses take the kids to primary and secondary schools. The Two Waters farm, PO Box 63, TABULAM 2470.

I DREAM LONG of black-haired, piercing blue-eyed lady, perhaps with child, unclear. I'm in a wheelchair. If that fact spins you out forget it - I've no time for negativity. I love life, I'm alive, I'm happening, I'm in a permanent now. If curious please call. Peace love. Liam Roberts, 29 Townsend St, ARMADALE 6112. Ph: 09-399-2789.

LADY COMPANION interested in sharing life and times with 37-y-o working man with small hobby/GR type farm on NSW north coast. Has most basic creature comforts. Short or long term. Should be tolerant and enjoy solitude with occasional rages. Write David, PO Box 444, GRAFTON 2460.

MATURE GUY (19) seeks lady (18-20s) for smiles, talks, strength, companionship and ups and downs of life. Let's get together and start writing. Hope to smile soon with your letter. Scott Eyre, C/- PO, MUNDIJONG 6202.

MALE LIBRAN (35) into holistic philosophies, alternative healing, massage, meditation, mysticism, fitness, looking for a male 35-45, must be fit and of happy disposition, to share my life which is comfortable. Need not necessarily be from WA. PO Box 1130, EAST VICTORIA PARK 6101.

SINGLE TRAVELLING COMPANION, male or female, sought by single lady (30) nature lover with 2 children 6 & 9. For travelling the NSW coast, or camping trips in school holidays, possibly with kids similar ages. GR folks who would like us to visit please drop a line or phone Linda 02-456-1119, C/- COWAN PO 2252.

CHINESE LADY (30), slim, would like to correspond with GR man, view marriage and children. Write Lorraine C, 233-239 Sai Yee Street, Hapry Garden, flat D 3/F, Kowloon, HONG KONG.

A WARRIORS WAY to help life live. Come and evolve your inner warrior nature and personal harmony with the earth to create the new age. Please write to Ian, Earth Home, 222 Mittagang Rd, COOMA 2630.

CHRISTIAN LADY (45), 5 ft 4½ in, 59 kg, enjoys music, good food, travel, beach, home life, church fellowship, seeks Christian gent suitable for marriage. Elsie Fishbourne, C/- PO, CECIL PLAINS 4407.

SCORPIO LADY (44), slim, fit, active, non-smoker with sense of humour, loves nature, bushwalking, animals, TLC, massage, seeking slim nonsmoking soulmate to 50 who enjoys life. Photo if possible. Louise, PO Box 272, GYMPIE 4570.

FEMALE PERSON (30-40) wanted to share 25 acres north Queens! and tropics near Innisfail for organic GR orchard with 48 year-old male (divorcee). Land only recently purchased, lots to do, build house, improve soil, plant trees, veges, buy livestock. Photo please. J.B. PO Box 764, SHEPPARTON 3630.

COURSES

PERMACULTURE DESIGN COURSE, taught by Bill Mollison at Stanley, Tasmania, April 2-16, 1986. Covers all aspects of permaculture design and management for households, small and large properties, and urban centres encompassing: site analysis and planning; water, soils and plants; animal forage systems; appropriate house and shelter designs; alternative economic and legal strategies; village development and urban designing etc. Contact Reny Slay, Permaculture Institute, PO Box 96, STANLEY 7331. Ph: 004-581-142.

LEARN GUITAR BY CASSETTE. This excellent beginner's method will teach you to play with no previous knowledge of music. The course covers tuning, chords and solos and consists of a prerecorded cassette with musical examples and instruction book with easy-to-read diagrams. Cost \$15 (post free). Send cheque or money order to P.R. Boothman, PO Box 252, CROYDON PARK 2133. Other courses are also available including rock guitar, chords and rhythm etc. Please write for details.

CORRESPONDENCE COURSES - photography, fitness, herbs, communication, sewing, mudbrick, environmental studies, certificate of recreation, youth leadership etc. Brochure: Australian Recreation Correspondence School, Shop 22, Mooroolbark Tce, Brice Avenue, MOOROOLBARK 3138. Ph: 03-726-9833.

CALENDAR EVENTS

REEDS & STICKS '86. Conference for basket-weavers and all others interested. Topics include Aboriginal basketmaking and Papua New Guinea Weaving. Guest lecturers from France on Osier Weaving and USA on Ash Splint Weaving will conduct 4-day workshops. Concluding with open forum and seminar on establishing Australasian basketry magazine. For further details, accommodation and registration contact Beavers Baskets, Capricorn Cottage, 53 Leslie St, BALACLAVA 3183. Ph: 03-527-4730.

DEADLINES: GR 53 - DECEMBER 27TH
GR 54 - FEBRUARY 28TH

COUNTRY LIVING WEEKEND - Kinglake West Primary School, Sat 8 and Sun 9 February 1986, 11 am. to 4pm. Lectures, displays, demonstrations in wide range of country activities. Information on machinery, plants, animals, building, heating, fencing, homecrafts. Admission adults \$5 per day, \$8 per weekend, children free. Health food, refreshments available. Enquiries: R. Collins 057-865-455.

Information Available

When contacting associations or newsletters listed in Information Available please, out of courtesy, include an sae, and mention that you heard about them in Grass Roots. This key will help you decipher the postcode system.

NSW 2000 plus
VIC 3000 plus
QLD 4000 plus

SA 5000 plus
WA 6000 plus
Tas 7000 plus

A GUIDE FOR THE ADVANCED SOUL — Susan Haywood

Susan Haywood suggests the reader should randomly open this book and the answer to any problem or question will be found. The book is filled with a variety of quotations; some of the more notable ones are from Goethe, Thoreau and Ursula Le Guin, as well as Einstein, the Bible and Buddha. The reader must 'interpret intuitively' whatever the guide offers. It will provide an aid to personal growth and give opportunity to learn something new if only one is open to it. This attractive hardcover volume printed from the author's own handwriting is available for \$14.95 (posted) from:

In-Tune Books
PO Box 1093
CROWS NEST 2099.

DONKEY DIGEST LITERARY AWARD

A major prize of \$400 is offered for the best ballad, short story, radio play or television script in which the central character is a donkey (ass or burro). There are also two other prizes: \$50 for best writer under 14; \$50 for member of the ADBS. Entries close on February 16 1986. For further information and entry forms contact:

Denise Moorhouse
Secretary Australian Donkey Breed Society
RMB 6342
WARRAGUL 3820.

A RESOURCE LIST FOR ORGANIC GARDENERS AND FARMERS — M. Porcher

This 22-page booklet provides lists of information relevant to people pursuing an organically oriented life on the land in Victoria. The text is divided into a number of sections, including settlement of land, plants and their cultivation, seed sources, growing aids, services and libraries. Most sections have an introductory paragraph followed by a list of appropriate authorities, institutions and companies which the reader may then contact to obtain further information. Available for \$4.00 posted from:

M. Porcher
PO Box 73
GISBORNE 3437.

DRUG-FREE ANIMAL CARE

Pat Coleby will be running a course on drug-free animal care at the CAE Centre, Melbourne in February or March 1986. If you are interested please contact:

Josie or Kate
Community Programme
CAE Centre
256 Flinders St
MELBOURNE 3000
Ph: 03-652-0611.

BUSHFIRE HAZARD OF HOUSES

Fire intensity, which can be controlled by the management of ground fuels, is considered to be the most important determinant of house survival. This statement is part of the summary made by Andrew Wilson of Fire Research after assessing the bushfire hazard of houses affected by the fire of 16 February 1983 in Mount Macedon, Victoria.

As bushfires periodically destroy hundreds of houses, and as the bushfire danger period is now approaching, readers might like to avail themselves of this booklet and discover how to protect their homes. Available from Night Owl Publishers for \$3.00 including postage.

THE WILDERNESS SHOP

The Wilderness Society has at present two interesting booklets on Forestry in Tasmania. The first is entitled *Woodchipping: the Real Impact*. This is well produced with revealing photographs that will engage a conservationist's attention. The cost is \$4. The second booklet is the results of research by two forest research officers for the Australian Conservation Foundation and the Tasmanian Conservation Trust. It is entitled *Food Industry Strategy for Tasmania* and costs \$5. Both these booklets are available from the Wilderness Shop. Why not call in and browse. Whatever your interests, be they natural history, conservation, or Australian history this shop will have the gift for you.

The Wilderness Shop
The Wilderness Society
59 Hardware St
MELBOURNE 3000.

JOIN US IN LIGHTING A PEACE CANDLE

Commencing New Year's Eve and for the next 24 days, unite with us and the people of the world by lighting a candle daily, directing your consciousness to create a peaceful world for our children to live in. New Years Eve 1985 to January 24th 1986 at the International Children's Village, Geelong, Victoria. Children from 14 countries around the world will be experiencing... 'How alike I am to you.' The aim of this four-week program is to promote international understanding in the hope of achieving peaceful solutions to worldwide challenges people face today. Today's children are tomorrow's world.

Cost: 1 candle \$3.00; 4 candles \$10.00. Contact:

Kitty
59 The Esplanade
North Geelong 3215
Ph: 052-782-706.

SUSTAINABLE RURAL RESETTLEMENT: THE REPORT

This book puts forward a purely academic treatment of sustainable rural resettlement in legal, political and socio-economic terms. It is the distillation of the opinions of some 600 people and, hopefully, represents a comprehensive guide to the issues surrounding sustainable rural resettlement as perceived by those involved. This publication is available for \$4.50 posted. Also still available is *Low Cost Rural Resettlement*, for \$8.95 posted from:

The Rural Development Centre
University of New England
ARMIDALE 2351.

SOCIAL CHARACTERISTICS OF ALTERNATIVE LIFESTYLE PARTICIPANTS IN AUSTRALIA

This report, funded by the Federal Office of Youth Affairs, presents many statistics concerning the alternative lifestyle movement in Australia. W.J. Metcalf and his colleagues are concerned with the definition of the term 'Alternative Lifestyle' and much of the researchers' time is taken up with explaining the viewpoints of the participants in the movement.

This report will be of interest to any sociology student or researcher working in this particular field. Hopefully the government department concerned will take advantage of this published information and use it to assist where there have been recommendations. Available for \$1.55.

W.J. Metcalf and F.M. Vancly
Institute of Applied Social Research
Griffith University
NATHAN 4111.

Information Available

ARCHIVES PROJECT

The Archives Project is an independent and alternative archives library and information dissemination project based in country NSW. It has been formed to make information on alternative lifestyle subjects more accessible for both the professional and practical person. It will assist people to have access to the wide range of materials and resources worldwide. To help achieve the aims of this project a 'Resource Guide' of alternative resources, publications, articles, reviews, information listings will be produced. The Resource Guide will be widely available.

The Alternative Archives Project is also collecting books and materials to establish a library facility. This would include a large research section, a lending library and a separate free lending library. For further information or to contribute books, magazines, tapes, stories etc write to:

The Archives Project
PO Box 570
PARKES 2870.

RAINBOW ARCHIVES

A small but growing team of people around NSW are working in conjunction with the Mitchell Library to promote the idea of an 'alternative lifestyle' archives. (Rainbow Archives is separate from the 'Archives Project'.) The aim of the archives is to conserve materials associated with the 'alternative lifestyle' movement, including handbills, posters, magazines, books, oral histories, folk music, photographs etc. The project is non-profit and exists only to further the aims we have in common. For more information about the Rainbow Archives write to:

Pip Wilson
PO Box 704
MANLY 2095.

WHEN THE WATTLES BLOOM AGAIN — Shirley W. Wiencke

This book is about the life and times of William Barak, last chief of the Yarra Yarra Tribe. He was born in 1823 and was present when John Batman traded with the Aborigines for land, and the famous Batman Treaty was signed. He witnessed the loss of his tribal lands and the extinction of his people. A fascinating story, well written and researched, which is complemented with a selection of old and unique photographs. Published as a contribution to Victoria's 150th Anniversary celebrations, this book is available for \$12.00 posted from:

Shirley W. Wiencke
'Anembr'
Allsops Rd
WOORI YALLOCK 3139.

LAND ETHICS AND HOW FREE IS FREEHOLD? — Dr Brian Roberts

Land Ethics is a short but thought-provoking booklet which considers the problem of soil erosion in Australia, and more particularly, the means by which community consciousness of this can be raised. While soil erosion is extremely serious and widespread, the community has largely remained apathetic, and even environmentalist groups often overlook this issue in favour of more popular causes. A fundamental change is required in our attitudes to the land.

How Free Is Freehold? questions the right of land holders to use rural land entirely for their own purposes to the exclusion of the public interest and good. In view of the extensive land degradation that has occurred, and is still occurring, some form of land use legislation would seem imperative. The paper considers this possibility, as well as some of the social barriers to be confronted.

Both booklets, as well as information on a soil conservation course, can be obtained from:

Dr B.R. Roberts
School of Applied Science
Darling Downs Institute of Advanced Education
PO Darling Heights 4350.

ECO-LOGISTICS — Patrick F. Howden

Eco-logistics offers an extensive array of possibilities and information on alternative technology and lifestyle. The 19 chapters cover areas such as building, lighting, heating, solar power, permaculture, wind power and alternative methods of transportation. The author has such a vast knowledge of his subject to draw on that in parts the text seems a melting pot which can barely hold all the ideas put forward, but this just adds to the charm of the book. Some suggestions have a delightful off-beat quality — the chapter on lighting (entitled 'Light Relief') considers the possibility of a room lit from plankton. The text is accompanied by numerous illustrations, tables and graphs. Available for \$12.00 (posted).

Dr Patrick F. Howden
Back Yard Tech Enterprises
C/- PO CATTAI 2756.

THE ANTARES ASSOCIATION INC

Members participate in practical meditation which opens all doors and allows communication with the source of thought that gives us existence. Membership is available interstate by correspondence.

Through seven steps we develop knowledge of the emergence of the earth into a new cycle, receive guidance to steer us through difficult times ahead and assistance in understanding social changes.

Our new project is a mountain retreat for quiet times, social activities, sharing, meditation and hard work. The association encourages enterprise and creativity, and all members, even interstate, may participate in weekly sessions for personal and planetary healing. For more detailed information write to:

The Secretary The Antares Association Inc
98 Mingera St
MANSFIELD 4122.

AUSTRALIAN RAINFOREST PLANTS — in the Forest and in

This is the first book to take seriously the idea of rainforest plants in horticulture. The colour photographs make identification simple and the information on growing these plants in home gardens is clear and easily understood. The 72 pages contain 110 colour photographs covering 97 species of rainforest plants. A distribution map shows those rainforest locations mentioned in the text. Available for \$11.45 posted from:

Hugh & Nan Nicholson
Terania Rainforest Nursery
Terania Creek Rd
THE CHANNON 2480.

RIDING FOR THE DISABLED

Do you know of a disabled child or adult living in the region of the Gold Coast who would enjoy learning to ride a horse? Or are you interested yourself in volunteering to help handicapped people in this valuable therapeutic activity? The Gold Coast and Hinterland Riding for the Disabled Association Incorporated was formed early 1982 to provide a horse-riding service for disabled children and adults. Their activities are now conducted on their own land at Coombabah and riding sessions are available for a minimal cost of \$2 per session. For more information please telephone 075-394-555 or A.H. 075-398-363.

A BABY IS A PERSON — Jenny Hill

Each page of this book contains a graphic black and white photograph featuring a young child. The photos are beautiful, inspiring and touching. The captions describing or interpreting the photos are wonderful — they are perceptive, humorous, truthful and full of feeling. *A Baby is a Person* is a collection of the author's feelings and pictures put together to illustrate her belief that everyone is a unique individual and that this is evident even at birth and in the first vital months of life and growth. This book is available for \$6.50 posted from:

Jenny Hill
7 Ashby Court
NORTH BALWYN 3104.

Feedback Link-Up Feedback

Dear People,

I have a story which has affected our family so much that I feel other families may benefit from my telling you about it. Nearly 18 months ago my hubby George walked in the door with a puppy he has purchased after falling in love with him. I had always imagined puppies to be rather on the small side – not so with this one. Of course the obvious question that jumped into my head and very quickly out of my mouth was 'what is it?' After which George proceeded to tell me it was part Red Setter and part Rottweiler. My stunned mind tried to imagine how large this 'puppy' would grow. For quite a while our Labrador found this puppy little more than a nuisance in his domain, but came the day when Raven, our Labrador, found he not only had to look up to this pup called Burley but also had to take second place to him. Apart from this, Burley was the type of dog that attracted beautiful comments from any person whom he came in contact with. He was to be George's dog. George trained him, fed him and loved him and in return the dedication for George oozed out of Burley – they were inseparable. If George was sitting at the table Burley was there also, a slight nudge under George's arm would signal the need for attention. Even the cats we have could not escape his fun-loving nature. He would often pick up one by the head, very gently, and carry him to a favourite spot then secure it with a rather large paw and lick it. Even with our goats and kids he would torment them in a playful manner much like a child does. He was a gentle giant. With all this love that Burley showed us we simply kept loving him more.

But you see it was not that easy. Our Burley was caught mauling a lamb, one which he had grown up with, not one he had nothing to do with, and it was my destiny to catch him. As I told George he was already on his way to get the gun. So much guilt ran through me and yet I knew it was the only answer. George's hurt was so visible but I knew that not even my arms around him and saying it would be alright would ease the pain. Most of us know once you have a dog that takes sheep there's nothing you can do much as you wish there was. So why not give him away, you may ask. Can we really give one of our family away and not worry forever that perhaps the same problems will arise and a much nastier solution be used. This was the only way, as painful as it was. It was a decision based on love. I guess the reason for writing this is to release some of the hurt and to discuss an issue which is rarely written about. As for my husband, I can only hope the pain eases as time goes on. We are going to plant a tree over Burley's grave, a monument to a loving part of our family. Thank you for letting me share my sorrow with you all.

Betty Sparnon
Box 10
AUBURN 5451.

Dear People,

I am a frustrated 'townie', married to a man who would never 'go bush' as he grew up in that situation and hated it. Life is what one makes of it and as long as we have diverse interests life never becomes boring. I keep bees, a few ducks, have a garden – mainly herbs – and love finding a quiet spot by a creek now and then. We have a very active pottery group here and I dabble a little when I have time. I was very interested in the article in GR 49 on aloe vera because I use it for many purposes and cannot stop extolling its virtues. Here is a hint to KEEP HARES AWAY FROM GARDENS. Soak some twine in creosote and string it around the outside about a few inches from the ground. It could possibly work with wallabies also.

Chelman Roots
Box 205
BILOELA 4715.

Dear Readers,

After 10 years at Garfield North on 30 acres of cleared land and 60 acres of tall timber we love it just as much as when we started. Our first two purebred Angora does have been born. Our foal is now nine years old and great to ride in the forest – very strong having lived on the hills his life. Having two children has slowed the outside progress but broadened our horizons with pony club and kindergarten. The local area has many more small commuter farmers. We are interested in all animal and bird husbandry and hope to start with birds this year. A word of warning to everyone. We have just lost our Siamese cat to a tiger snake. The treatment of snake bit should be known to all – two crepe bandages and absolute rest. Hospitals now have a testing kit so when in doubt, test.

Lyn & Pete
Wattle Valley Farm
GARFIELD NORTH 3814.

Dear Friends,

Timor! An 'emerging' country of beautiful people, intelligent, eager to grasp any opportunity to better their lot. Primarily they are a country of small agriculturists with no secondary industries. Come drought or crop failure there is starvation, as many live well below the poverty line already. But these are a cheerful, family-supportive people who do not whinge or beg. Their agricultural problems are many. With an increasing population land is cropped to meet present urgent needs. Trees are cleared for cropping, and also for firewood and fencing. Stock, including goats and pigs as well as cattle, free graze. Add to this the fact that Timor's soil layers because of geological processes are as mixed up as a topsy-turvy layer cake. Clay is the worst offender. It is an overlay which bakes hard in the hot dry season and slides off in the wet adding to erosion problems. Much of Timor is dry, limestone country with rich pockets and areas of volcanic-type soil. Here vegetables and fruit trees are cultivated. The main food is rice grown on the river deltas and corn on the uplands. The women spend many weary hours sieving rice and pounding corn. Recently at a church gathering I saw two young priests in earnest conversation. Discussing new theology perhaps? No, they were discussing how to make some kind of corn grinder on the roller system.

Timor has begun an anti-erosion and re-greenery programme but such problems don't always wait for programmes. They need help, money, advice. Now some advice for me please to pass on to the programme. When making quick compost does chopped-up foam rubber added to the soil around young trees really retain moisture? Would olive trees cope with the wet season here? How do you make paper bricks for fuel? How would we make a wood-fired pottery kiln? We must cope with that clay somehow and it makes red bricks for housing – a little soft but quite OK so I guess it would be suitable for pottery.



Vonny Helberg
C/-PO
Kupang
N.T.T.
TIMOR.

Dear Grass Roots,

I'm a 21-year-old gay country guy living in the depths of rural Tasmania. I have just bought my greatest dream – a 65-acre piece of rainforest high in the Great Western Tiers of Northern Tasmania. The place is surrounded by state reserve and the Central Highlands Protected Area with view of peaks 50 miles away. I will soon be building a small cabin and living there permanently, heading for as great a level of self-sufficiency as the harsh mountain environment will allow. I am LOOKING FOR A SOULMATE or close understanding friend to share the place with me because I feel greedy. The price for paradise here is narrow-minded intolerance. I'm happy with myself but constantly feel the severe oppression: 'No man is an island . . . no man should stand alone,' is so true. I have travelled a great deal and always live life to the full. I am seeking further personal growth and this can only come from caring and sharing together. So, if you too are dynamic, practical, balanced, happy with yourself, strong willed, open, sincere, honest, love a cold climate, TLC and the outdoor life, maybe we have a lot in common worth sharing. All you have to do is reach for your dreams and go for them. I would love to hear from all those who can identify with my thoughts, particularly other gays living in a similar situation.

Rory
PO Box 115
WESTBURY 7303.

Dear Grass Roots People,

In order to pursue a less system-oriented, stress filled lifestyle we are leaving our jobs as teacher and mechanic to travel south to the Nelson area in the New Year. We plan to work on the land doing seasonal orchard work to gain experience and savings before we leave for Australia next year, probably June or July. We have read of a shortage of seasonal workers on orchards and market gardens and subsequent financial losses by growers in Australia. We would like to travel Australia following seasonal work opportunities. If you need two hard workers with some previous experience on the land or can share information about SEASONAL WORK IN AUSTRALIA, we would appreciate and acknowledge all letters.

Sharron & Don Shipp
C/- 62 Ferguson St Sth
Bay View
Hawkes Bay, NZ.

Feedback Link-Up Feedback

Dear Readers,

This is my first letter to GR readers although I have followed GR principles all of my life and first started buying this informative magazine three years ago — about one year after I bought a few acres and had a new home built. It was then I learnt to live for a while without power and water. This exercise certainly makes you value these commodities we tend to take for granted. Many have written to GR requesting knowledge of how to make the break from city life to country life and I suppose it can be lonely to be in solitude with nature for an indefinite time after a busy noisy city life but if you have had some life on a farm as I have had, then you have a more realistic idea of life in seclusion. In the country you truly feel free without a neighbour within a few feet of you — even if you can only afford one or two acres. From my own experience you need to save cash to at least \$10,000 toward some land and then borrow for a house to be built. Loans are easily obtained provided you have a steady income each week to allow repayments to be met. It is best to shop around for a loan because the expenses in providing the loan by many building societies or credit union facilities can be great and do vary with each organisation. I have found, provided your credit rating is sound and you have retained employment with the same employer for a number of years, most lending organisations are happy to loan monies toward a home. Of course a caveat of some description over your property is the main requirement of lending institutions apart from your obvious repayment commitment.

If you are renting a flat or house at present and wish to save a lot on this rent; I know of a far cheaper but quite liveable and reputable place to live for less than \$20 weekly 'all in' — no electricity bills, no city rates, no phone bills but all the usual conveniences such as SEC, hot water, washing machine, fresh country air and an abundance of trees just over one and a quarter hours north from Melbourne. Please write if this information suits you and I will answer your letter with full details.

To all those people who wish to study the traditional secondary school subjects you may not have attempted whilst at school, it is never too late to pursue your particular subject at any age and you will find all country tertiary schools and colleges are most desirous of anyone attempting a return to study. Enrolments are taken late in each year. In groups I studied with for HSC subjects over recent years, some pupils were over sixty! And further more they passed very well.

Congratulations to Pauline Davis (GR 50) of Merrylands, NSW in travelling about with her son. I would like to join her but financial commitments enforce my continued employment in Melbourne. I am not a supporting parent, but I certainly follow her ideals of no smoking, no drugs and vegetarianism. It was very refreshing to read of the help fellow Victorians gave to her and their hospitality. Also, in GR 50, it was nice to read more letters from Victorian subscribers.

For Bob of Ravensthorpe, WA, and Dennis Stanbridge of Noosa Heads (letters in GR 50) I hope you find your ideal mates. Your offers sound good but too far away from the Central Victorian area I am presently committed to as I have developed a business which promises an abundant financial return within the next two years. However, my efforts to find a compatible male partner with similar ideals to mine are not yet successful, so I hope if any man reading this letter finds an appealing likeness, he will write to me. In particular I welcome a letter from a gentleman around 35-45 who still believes in formal marriage, is not into smoking, drinking alcohol, gambling, TV, bizarre religious groups, drugs or astrology. Ideally he may be an office worker, shift worker, farmer, tradesman with a company or part-time worker in Melbourne or north of Melbourne. He may envisage marriage with children to follow or already have some children — they would be most welcome. I am divorced of recent times and do not wish to enter another marriage with some man who cannot be loyal to me. He must have regular work commitments; be a doer, not just a dreamer, who can keep regular hours of sleep and meal times; not necessarily a strict teetotaler or vegetarian but certainly of a good even temperament who is willing to pool financial resources. I am of slim build and employed in two diversified careers. I enjoy travelling, ten pin bowling, card games, Scrabble, swimming, going out for meals, floor shows, gardening, modern music and also ballroom dancing. I will reply to all mail received.

Joan
C/- Grass Roots
PO Box 274
SHEPPARTON 3630.

Dear GR People,

Two questions ahead: where can we obtain organically grown wheat and rye? PENNYROYAL: is it grown from seeds? Are these readily available from nurseries or produce outlets? What conditions does it favour? We are in a cool climate, very dry, and our granite soil is on the acidic side.

Talking about ACID-ALKALINE — GR 49 David Anderson. According to our sources of information, meat is to blame to a great extent for arthritis, partly for rheumatism, and for malfunctioning plus various ailments of organs, especially in the abdomen. Meat builds up residues in 'corners' of the intestines, forming long-term focuses with far-reaching, permanent disturbances of bodily functions (such as digestion) which can further contribute to much more serious conditions.

It will depend on the percentage of meat and eggs (eggs of 3-4 days and older, with an enormous bacteria build-up and residues forming; fresh eggs are fine) in an otherwise healthy diet. Generally there are two ways to cope with meat-related problems: turn a vegetarian; or keep enjoying meat but perform a week of heal-fasting (which is not just eating nothing — instructions on what to observe and do are available from books) every three months to thoroughly rid your intestines of all those residues. (This is also seen as a very sensible long-term prevention of cancer!)

Wheat and cow-derived dairy-products are also to blame for allergic symptoms, some of which are called food-intolerance. Goats milk products seem to lack the allergy-causing ingredients, which is good for vegetarians who do not fancy relying totally on beans for their protein needs!

For baking bread, I have just found out that half wheat/half rye flour makes a beautiful loaf, following the usual method for wheat-yeast batter. It might be along the all-in-moderation line but nevertheless is better than wheat only. I suppose that noodles, pancakes and pizzas could be made in the same way.

David tells us that our bodies are 80 per cent alkaline and 20 per cent acid and that too many acid residues (ie meat and eggs) cause problems. Dr Jarvis, USA claims that apple cider vinegar helps prevent and cure a variety of illnesses, especially colds and flus, by withdrawing the alkaline environment bacteria thrive on in favour of an acid one that drives them away. By using strips of coated paper which change colour when dipped in urine (turning blue for an acid reaction which is said to be normal and desirable, red for an alkaline reaction which indicates trouble) it is possible to observe the change from acid to alkaline and thus determine an oncoming illness. Blood on the other hand, should have an alkaline reaction for normal (and that goes along with David's lines).

Apple cider vinegar, with all its minerals is said to successfully fight arthritis. Taken before meals, 1 teaspoon in a glass of lukewarm water with a blob of honey, is Jarvis' recommendation. I dislike the taste of this, but have found that apple cider vinegar with water works well to fight off colds (best taken in advance, when everyone around has one), to temporarily overcome fatigue resulting from physical or mental stress, and to short-cut already established colds or flus if I had not bothered to take my 'Jarvis Special' in time. Since we moved to this area at the foot of the Tindiesries, over 2½ years ago, the next township has had numerous 'wogs' and flus; and so have the employees in the office where my husband works and where the air conditioning system makes an invaluable contribution in spreading the germs evenly through all the rooms. But both of us have only had a minor cold once or twice. Apple cider vinegar is also helpful for a healthy scalp and hair. Put some into the last rinse after shampooing to neutralise remaining harmful soap residues. The book referred to is *Folk Medicine* — D.C. Jarvis, ISBN 3 444 10021 3. It was first printed in 1958 and has been reprinted 25 times until 1979.

Brigitte and Wolf Krum
RMB 44 'Pon Garoo Park'
MICHELAGO 2620.

Dear Meg and David,

Would you know where I could get some ORGANIC MAIZE KERNELS — dry? If so, could you let me know please. I'd like to buy some for making bread with (approx. 50kg a year).

Nadia Bradac
32 Williams Rd
WANGARATTA 3677
Ph:057-216-321.

Feedback Link-Up Feedback

Dear Folks,

I don't know if anyone answered our requests for communities and people to contact in GR 48. We haven't made it to the south as yet because of technical and family reasons. Meanwhile another family member is on the way and we are unsure if we shall make it south before or after the birth. We put a redirection order for mail C/- PO Sydney but never received any letters. We would still like to visit COMMUNITIES and talk to and hear from people with communal experience. I'd like to compile a do's and don'ts list about communes and would love to hear of all those who tried and why they dropped out. Maybe there is somewhere along the east coast or in Brisbane and Sydney where we can park our van in the back yard and use the bath and share a few ideas.

Also I am looking for some old friends from Germany, Maya Jurgen and daughter Lydia Rusch who may live around Brisbane. If you read this I would love to hear from you. If you know them or their whereabouts please drop me their address. Also another lady Ellena Gallegos, a spritely Chilean lady last living in Sydney and involved in the weaving and craft world. Tell her Lehone Dorcey would love to hear from her.

**Svargo & Divyani
C/- Dorcey
Post Office
MALANDA 4885.**

Dear Meg and David,

I live on the waterfront at South Kinember, which is part of Brisbane Waters, Gosford, just north of Sydney and across the Hawkesbury River.

I gather the RIBBON WEED which washes ashore, and simply dump it on top of the rather poor clayey soil. I just tuck up the plants in this rather coarse material. All but the citrus seem to love it. I guess it just holds too much moisture for the lemons!

**Zoe Russell
18 Carrela Pde
SOUTH KINEMBER 2256.**

Dear GR Readers,

We have just arrived to live in Australia from the Scottish Borders. Our aim is to buy 50-100 acres somewhere in Australia within the next couple of years. (We have just discovered GR 50 and, from prices of land in it, we think we can just about afford this.) For the last five years we have lived on about two acres of land on which we renovated and extended an old stone cottage (about two years full-time work) and had the use of another two acres of other people's gardens (mainly elderly folk who could no longer work their gardens so the favours were mutual). On this four acres we organically grew fruit and vegetables (manure, compost, nitrogen-fixing green manures and, of course, lots of comfrey). We also kept a couple of milking goats, a couple of beehives and some hens. We made enough cash income on which to live by selling excess vegetables and by teaching piano.

We are vegetarian, prefer homeopathic medicine, are keen cyclists (so far our only major purchase in Australia has been a couple of bicycles and child seats) and like walking, building/creating things and working on the land. We dislike not living in harmony with the other growing things which inhabit this planet, planned obsolescence, television, waste and chemicals.

It is hoped that our next major purchase will be a van big enough to take us, our possessions, and a couple of mattresses on our travels around Australia. Before asking the inevitable favours perhaps we ought to say a little about each of us so you can decide whether you could put up with us or not!

Dominic is one year old and just learning to walk and talk. Loves to clamber and generally get into mischief. Is currently enjoying attending a Steiner playgroup. Pretty much an unwritten in book at the moment and it is really important only good things get written there.

Jamie is three years old and loves gardening, riding on the back of Trev's bicycle, milking goats, camping and generally being outdoors. Attending a Steiner playgroup where he gives and gets a lot.

Fiona is 30 years old, a French and history graduate and a piano teacher. The 'quiet strength' of the family and usually its bread-winner. Likes to listen to and play music on piano or flute (classical or traditional). Fi's background is as a gardening instructor (bio-dynamic and organic) at a Camphill Village (Steiner) and a piano teacher. A maker of wonderful bread and home-made wine.

Trevor is 37 years old. Some would say a typical Aries but he thinks he is quite nice really. Likes to think he 'thinks' but usually invents unrealisable grandiose schemes. Usually the child-carer of the family and its handyman/builder. Smokes tobacco (ugh!) and drinks wine (home-made for preference). Actually likes hard work and hates having nothing to do.

So, having introduced ourselves, now the begging bit. There are a million things we would like to know before buying our own land and we are rather hoping there are GR readers all over Australia who are able to help us. Among the things we need to learn about are where we want to settle (climate; soil types; crops that can be grown; like-minded people somewhere around; whole-person oriented, non-competitive and yet in pursuit of excellence, education for the kids, etc); irrigation methods; companion planting; how to make a cash income of the land or by part-time work nearby; how to create cheap and ethical energy; how to cope with 'nasties' (snakes, ants, spiders, plant pests and all the ones we don't know about yet!); building methods with locally available materials; obtaining planning permission and associated red tape hassles; how to cope with isolation; whether we want to live in a community or 'go it alone' etc.

What we are hoping to do is spend the next 18 months or so working on people's land (anything from one week to three months in each place — longer stays preferred) gaining new friends and lots of information and experience in the above areas as we go. In return for work we will need basic accommodation and food. Ideally there would be kids in the same age range as Dominic and Jamie and our 'employers' would be vegetarian. It would also be helpful but not vital if there was some way of also earning about \$50 per week en-route to cover petrol, food, clothes when necessary (ie to cover the expenses of our journey). It wouldn't matter if this could be earned 'on the land' or in some nearby part-time employment.

If anyone, anywhere in Australia (it would be nice to plan a round trip from Perth) can meet at least some of the above and would be interested in our working with them for a while we would love to hear from you.

**Dominic, Jamie, Fiona and Trevor
36/8 Currie St
JOLIMONT 6014.**

Dear GR Ladies,

I am buying a block of land. Are there any ladies with or without children who would like to share the work and pleasures of a 150-acre block of land. The block is three quarters bush and timber, has a large dam at the back of the block, and one large shed which I am living in. It has a combustion stove, hot or cold water (tank water), a large open fire for the cold nights, no mains power or TV but there is a generator. I am 37 years old, of average build and like the outdoors. I was married with three children but they are on the coast. I am looking for work at the moment so work on the block has come to a stop. I would be glad to hear from any GR ladies who would like to give it a go. I am between Inverell and Moree near Warialda. Just come and say Hi and have a cup of coffee.



**Allen
Lot 5 Yammacoona Est
Adams Scrub Rd
KOLOONA 2403.**

Dear Grass Roots,

I'm hoping you can help me with information about CAROB GROWING and using it as a chocolate substitute. Can the carob pods be processed by the home gardener and how is this done? Any information would be appreciated.

**Louise Fitzpatrick Leach
WALPEUP 3507.**

Dear Meg, David and Grass Roots People,

I'M LOOKING FOR A JOB. Wait! Wait! Don't go on to the next letter, hear me out! I'm a keen, energetic, down-to-earth 18 year old, and someday would like to manage or own a farm or station. I'm willing to work anywhere in Australia and have had experience working in a racing stable and on a dairy farm. I hope somebody has work for me. *Grass Roots* is great!

**Katrina Garwood
Post Office
EMERALD 3782.**

Feedback Link-Up Feedback

Dear GR People,

I really enjoy *Grass Roots*, even though I have no chance to move to the country for some time. I have to be content with growing things in my flat. I've always been interested in alternative lifestyles. One of my goals at the moment is to find a happiness within myself. To be happy is easy for some, but for others a long, sometimes lifelong struggle. I think I am on the verge of striking the 'happy medium'. Thank God I have retained my sense of humour. Experiences on the trail have often been amusing, and I try to see the funny side of it all.

The light occasionally filters through the darkness of DEPRESSION. Sometimes you really have to work at it, especially if it is triggered by self-pity. Never think about things at night, wait till the bright light of day. Night depression is worse than day depression. Yes, there is a difference. You cry twice as much, twice as easily, you're supersensitive, the STD phone bills go up. Most of all, you think you have no friends and you're not worth anything. Never work the household budget out while you're in this mood, it never balances, especially when finances are tight. If you have an understanding friend, it helps a lot, I used to think I didn't. Not that a lot of people understand this kind of ailment. If you know the cause, it helps, sometimes it doesn't. If you don't, and you think it's a natural state of being, think again. It usually isn't. Above all, be careful about how you drive the car. You can become very good at automatic driving. I used to be great at long distance treks in the dead of night.

Your whole lifestyle can be affected by depression. The way you view yourself and the way you interpret what other people say to you. Depending on how the depression is brought on, you are always tired, never finish things, become insular, go through various stages of inadequacies, etc. Screaming sessions are wonderful ways of releasing the frustration. Who cares what your neighbours think, or alternatively find an empty and isolated slice of bush and scream away. You might find it emotionally draining, so just do it in short spurts. It may seem embarrassing at first, but when you feel some results, you begin to get the idea of it. Depression cuts off your motivation, you get around to it, eventually. Or you can never get organised. There's always some excuse.

I like to write and do photography but sometimes it's very difficult to be motivated. Creatively it's so frustrating. Fortunately I find it easy to join clubs and things, but usually don't hang onto friends. I have found a wonderful place of learning, in the Augustine Centre in Melbourne, which operates within the Uniting Church. They do marvellous work. They have 'Courses for Living' and for me, no matter where you live, city or country the quality of life is important. There are also counsellors and a wealth of other activities. They really care. It doesn't matter if you have a cry, or you don't want to.

I try and make the best of things and hope for better times when I 'might' be happy (suicide isn't the answer) and I think of Augustine and feel I belong somewhere at last. Maybe one day I'll write a book.

Jenny McLean
10 Alma Grove
ST KILDA 3182.

Dear Meg & David,

In the last few issues of *Grass Roots* several people asked about information on BIODYNAMIC FARMING and gardening. One possible place to enquire is Anthropos Research Centre, Wentworth Falls 2782 (see their advertisements in GR 44 and 46). They can supply a catalogue of relevant literature and I think they would be prepared to answer individual queries. People wishing to become biodynamic farmers can contact Biodynamic Agriculture Assoc. C/- PO Powelltown 3797.

The biodynamic approach endorses the usual practices of organic farming, eg no use of chemical fertilisers and pesticides, composting, green manuring, crop rotation and companion planting. In addition, it takes into consideration so called formative forces active within nature and attempts to influence them in a positive way by the use of various biodynamic preparations. These are applied to soil and plants at various stages of growth. To gain an understanding of how these preparations work, one has to become familiar with the teaching of Rudolf Steiner (Anthroposophy). Biodynamic farmers can now be found in all states and field days, demonstrations and seminars are organised from time to time.

Ron Hasan
PO Box 60
ST LUCIA 4067.

Dear Readers,

After finally purchasing a bit of dirt of our own (12 acres) we have come across one particular problem. That is the DREADED BRACKEN FERN. We are slowly pulling them out by hand, but it is such a long back breaking task and they seem to be popping up faster than we can pull them out. Does anyone have a successful cure for ridding these pests? (No chemicals please.) Our land is cleared so they are quite an eyesore. We are also planting gums and other native trees to attract the wildlife.

We are slowly gathering our menagerie of assorted farm animals and would like to hear from anyone that can suggest some books or sources of information on natural therapies and remedies using herbs or other ingredients to treat sick animals, from chooks and dogs to goats, sheep and donkeys. This would be greatly appreciated as it is some distance to town. Or even some quick first aid to comfort them. As we all know, the vet can burn a hole in your pocket before he even arrives. We also hope to start keeping cashmere goats. So if anyone has some handy hints or useful information, please write. We would like to hear from you. Keep smiling!

Sandy & Greg
C/- Post Office
TOWAMBA 2550.

Dear Grass Roots People,

Although I have been aware of *Grass Roots* for quite some time, I recently bought my first copy and have now subscribed. It is great to find that there are real people out there who care about others in all sorts of ways. I have recently escaped from a long time relationship with a farmer which was negative, soul destroying and humiliating. A complete lack of incentive resulting from negative criticism and little communication almost robbed me of the will to live. I feel now I can start to live and grow again and get to a level where I can commune with nature and people. This is where you, my new friends come in. All of my old circle of acquaintances look on relationships (especially heterosexual) as being physical and material. I need more, especially if I am to grow in the way I want. I would like to correspond or meet people who don't look at earth and animals in terms of pure monetary value to be exploited for more gain, but to be nurtured and loved and protected in such ways that they return their favours for ours. I am 45, gentle, natural, not afraid of work, interested in — among other things — art, craft, organic gardening, native flora and fauna, conservation and the bush in general. Looking forward to hearing from somebody.

Helen Brooke-Cooper
C/- Post Office
BRIAGALONG 3860.

Dear Grass Roots,

I am seeking information on ways to obtain some RARE OR NOT COMMONLY GROWN TREES and shrubs. Are there any rare plant nurseries? Are there any individuals growing uncommon trees who would like to sell me some seeds or plants? Some of the plants I am interested in include rowan, osier, willow, linden tree, Indian elm, western red cedar, butternut, hickory, wild rice, medlar, and any other plants which are suited to a cold tableland climate (hot summer), and which have several uses, eg stock fodder, woodlot, bees, windbreaks, fruit, etc. Can anyone help?

Trisha Coulton
PO Box 426
CIVIC SQUARE 2608.

Dear Human Animals,

Hello and smiles to you all. Do you down-to-earth people give much thought to the biological and geographical history of mother earth and your role in it? What do you think is the most important word in our language? Can you find time to read and write short letters. If so, correspond with me, exchange ideas — I encourage children to as well.

I am a young, healthy 31-year-old male and my wide range of activities, interests and travelling are a continuous education. My alternative lifestyle centres around my lovely beach cottage and one day I hope to share my life in full with a female of similar interests and who is in harmony with herself and other people.

In the meantime I wish to correspond and establish many interested friends of the grass root kind throughout Australia. I would also like to hear from anyone who has opinions on OCEAN BIRTHING.

Bill Bialas
C/- Post Office
LEEMAN 6514.

Feedback Link-Up Feedback

Dear Meg,

I have 100 goats and a few vehicles including a tractor and want to go droving. Because a few people are need to drove animals along the highways I need help. Is anyone interested in DROVING ANIMALS AROUND AUSSIE starting in the east and going via WA? This is not meant to be a commercial venture. Each person or family would have as many or as few animals of whatever type as they felt comfortable with and would co-operate in the herding of the flock. Each would supply their own accommodation (car, caravan, bus or tent) food and transport. The group would travel as fast as the animals (up to 15 km/day), staying each night in the travelling stock reserves. Those who wanted to could make side-trips to places of interest. The entire trip would take three years, however people would be free to join or leave anytime. The trek begins in January or February with 10 or more people and 500 stock from Numeralla near Cooma unless a more convenient location turns up. This trip would cross some of the worst land in Australia. People did it last century and droving is still carried out there today. Not being commercial we can go as fast or as slow as we want. Cost to join — nil, nothing, zilch. The Pasture Protection board will charge about \$1.50 per day per 1000 sheep or 10 cattle (very little) for use of the roads and reserves. I am organising this expedition at my own expense so I can travel. No fees or other charges are payable to me so you can join or travel. All animals and possessions you bring will remain your own. I would particularly like to hear from someone good with fixing cars, anyone with a horse drawn wagon or two, someone with a video camera to make a film of the trip, and someone with a working dog. WANTED — people and enthusiasm; trained nurse; person with veterinary experience; mechanics bush or trained; ten fingered typist (urgently) in Numeralla — free accommodation. So if you're interested in walking, cycling or driving slowly around Australia or have any comments or suggestions please let me know. This will be a holiday with a difference. If you are passing Cooma please drop in.

**Martin Essenberg
'August Moon'
Contagenay Rd
NUMERALLA 2630
Ph: 0648-33305 (AH).**

Dear Folks,

Many grass roots people are using wood burning stoves and fire-places, kerosene lamps, gas lights and stoves, and there are so many potential dangers for BURNS, especially to children. As we have no power or a generator at our farm near Mudgee, we have been using all of the above items, and had taken extra care to warn our three-year-old son, Christopher about the dangers involved. (Even when he was very small, we resorted to cooking inside a playpen to keep him away from the stove.) One seemingly minor thing we did neglect however, was a simple cup of coffee! As first-time parents, we had thoughtlessly kept cups of tea and coffee out of his reach, thinking this was safest. When he was 16 months old, he managed to just reach a cup of boiling hot black coffee, tipping it over himself. He was burnt from his eyebrows down to his chest and arm. I managed to save his face, but after a month in hospital, skin grafts, two operations, and the most appalling treatment burns patients have to endure, he still has an ugly scar on his chest and arm — Christopher's 'Special Badge for Courage'. I would urge everyone to take special care with handling anything to do with fire, kerosene, or gas. I never would have believed the damage a simple cup of coffee could do.

I remember Christopher in shock, in isolation for weeks, no clothing or bedding allowed, his dear little face so swollen he could barely see, and with his skin peeling off. The agonising two daily 'torture' baths when it took three adults to hold him down afterwards as the wound was scrubbed until it bled, his screams of pain, his fear of the nursing staff, and the unfamiliarity of the masks, caps and gowns we had to wear in his presence, will haunt my memory forever. I lived at the hospital, ate all my meals there, and spent every waking moment with him, rocking him in my arms and singing to him, as he needed so much comfort. I would not wish such pain and suffering on anyone. At the time there appeared to be no support group for burns patients or their families in NSW, and there can be tremendous psychological stress, often involving the whole family. Thankfully, there is now a NSW Burns Self Help Group in Sydney, and for anyone requiring any further information, please write to the Group at PO Box 256, Collaroy 2097.

**Mrs Anne Mayne
61 Bardo Rd
NEWPORT 2106.**

Dear GR People,

We have two small children and a very beautiful property in the heart of Quindanning. The problem is Bruce very rarely sees it as he works very long hours at Worsley Alumina mine site to pay for it. We want to set up a PERMACULTURE SYSTEM but we are also going to try to run black sheep for an alternative income. Consequently, we must have tree guards. More expense. We would love to hear from GR people with ideas and encouragement as we are in an old farming community who think permaculture is a religious sect.

We will personally answer all letters.

**Janine & Bruce Beamish
C/- Post Office
QUINDANNING 6391.**

Dear GR Folk,

Can anyone help with advice on BUYING A FLUTE for a beginner? I've heard that some have an easier action than others — does anyone know what types these are? How much should I pay? Can anyone recommend good beginners' books? What should I look for in a second-hand flute — what can go wrong? Try this for small children who are off their food. Blend 2 cups water and ½ cup soy milk powder (or use 2½ cups milk), one banana, one tablespoon coconut, one tablespoon honey, up to a tablespoon savoury yeast flakes (depends if the child is used to it) or brewers' yeast, a crushed Acerola tablet (or a teaspoon vitamin C powder). I've found that my daughter well drink this when she refuses other food, and it keeps her weight stable.

For chronic diarrhoea take a 50mg Niacinamide (Nicotinamide B3) tablet, it relieves it straight away. Try 25mg for a child. Can anyone help with a recipe for HALVA. I know it has sunflower seeds, vegetable oil, sugar and vanilla, but don't know the quantities. Happiness to you all.

**Cathy Lonsdale
25 Short St
NAMBUCCA HEADS 2448.**

Hi everybody,

Well, spring has sprung, and so has the garden. Seeds and plants in season have been sown and planted and we are enjoying a few vegies that survived the winter. The ginger beer has been bottled for the first big thirst. Now I can sit back a little, but I'm sure the weeds will grow before the seedlings appear so there won't be much time for sitting down to spin or read. Anyway, you only get back what you put in. I'm hoping to hear or read about some PEOPLE FROM THE KEMPSEY DISTRICT. As we are planning to move there within the next 20 months. We would like to get in contact with some like minded people. Our interests are building in stone, producing our own food if possible, organic gardening, fruit and nut trees, animals and coloured sheep. My husband is a trained farmer, keen worker and handy jack of all trades. I'm a spinner and love all crafts. The three children love the freedom of country living and are keen to share our new future venture. If there are any people in the area who share our interests, we'd love to hear from you. We would not feel quite so strange and lonely when we move there. Best wishes and happy gardening to all.



**J. Weber
C/- Post Office
MOREE 2400.**

Dear GRs,

Is there anyone out there who would like to SHARE MY LITTLE PIECE OF HEAVEN? Because we'd love to share yours. We're looking for someone who likes children and would like a friendly libran bush nurse, a quiet raver who loves pixies and fairies, kids and animals, is pretty handy at most things plus willing to learn. So, if you would like to double your profits then William (my two-year-old pixie) and I would love to hear from you. Maybe you have kids too and know that two heads (shoulders) are better than one. I do need a working situation due to lack of finance and the need to pay my way. If you would like an encounter or commitment, whichever works out and you wish to live in Qld or NSW, please let us know all about you. May I also add that this magazine is so very important and inspiring to so many people. Thanks David, Meg, Sunshine and the rest of the team. All letters will be appreciated and answered.

**Chris & William
C/- Brighton Downs
WINTON 4735.**

Feedback Link-Up Feedback

Dear Readers,

Three years ago I sold my house and moved to a country town. I bought myself a little cottage and have been renovating ever since. What a challenge it has been, it was so run down, but I'm really enjoying it. I have fruit trees, a vegie garden, fowls and a large native garden which I love. My children are far happier and adjusted very well to country life. I totally agree with Tim Carlin (GR 50) to try settling for a country town where houses and land are a lot less expensive than acres. Where I live we have the beautiful Grampians 20 minutes away, superb natural lakes for swimming with heaps of gumtrees for shade on those hot summer days, plenty of birdlife and native fauna.

But what I would like is a nice male friend to correspond with, I smoke, 'yuk' you all say, but it's not heavy, I don't drink, I have a deep love for the Australian bush and enjoy camping out, horse riding and have a lot of dreams for the future. If anyone would like to correspond with me please do as I would love to hear from you.

Carolyn
C/-29 Berry Ave
EDITHVALE 3196.

Dear Meg, David and Sunshine,

I was moved to tears by your sincerity and openness Meg in GR 50 DHOF. I had presumed all these years that your writings gave you as much joy as I selfishly accepted as a reader. Not wishing to emulate your every endeavour, nor extract vicarious gratification from your life experiences I merely gained comfort from the knowledge that I was not alone in striving through unorthodox ventures — both successful and disastrous.

I congratulate you Meg on overcoming your reservations and coming to terms with notoriety. And thank you both for your integrity, generosity and stamina in sharing through the medium of GR your experience, knowledge and humour which I have no doubt has enriched the lives of many.

Morag and Heather are delightful — where on earth did you get them? A mob of her relatives has long been a dream of mine, but I thought that the highland breed would not be available in Australia, or at least not to one without the national budget to play with.

Carol Case
BARNAWARTHA SOUTH 3688.

Dear Grass Roots,

I am hoping somebody will be able to help me achieve a little peace in my life. I am a male, 30, 5'6" tall, 8-8½ stone and not afraid of hard work or rough living conditions. I doubt I will ever own my own block of land, therefore if any lady requires a helping hand? My interests are horses, packsaddling, hunting, tanning, leatherwork, photography, music (all types), books, cooking, motorcycles, stars on clear nights with the warrigals howling. I have an array of bush skills; fencing, stockwork, building yards and renovation of huts/houses. I have a good basic set of tools, ie chainsaw, axes, shovels, crowbar, adzes, saddles, harness etc and would like to feel 'alive again', back in the bush. I have caretaken in isolated areas on my own and learnt all the necessary skills to endure a hard existence. I don't mind the smiling faces of children. Please write, I will answer all genuine replies.

Mike
C/- 17 Hideaway Dr
SALT ASH 2301.

Dear GR Readers,

I am trying to compile a list of all ALTERNATIVE AND COMMUNITY SCHOOLS in Qld. If you are involved in one, please write telling me a little about it, the philosophy, number of children, contact address, etc. Does anyone know if Rene Guinot cosmetics are available in Australia?

Lyn Cargill
Brisbane Home Schooling Group
148 Henson Rd
SALISBURY 4107.

Dear Grass Roots,

I am trying to find a copy of THE FOOD DRYERS' DRYING HANDBOOKLET by John Magee and Connie Dexter (California Wood). If anyone has a copy or knows where I can get one, please let me know. I'll pay photocopying charges if any.

Teresa Cavagna
'Magen'
Upper Eden Creek
VIA KYOGLE 2474.

Dear GR People,

My man and I have just ended our stormy relationship. While we were together we always talked of buying land and building our own semi-underground mudbrick house, but talking and dreaming never got us anywhere. With the change of circumstances comes a change in plans. Does anyone know of a house for rent, not too expensive, near a small town or on a property (I will need a school bus) in Northern NSW? I can also exchange labour or something else for rent. I am hardworking, optimistic and a quick learner. I sew, cook, paint, crochet, knit, macrame, have a green thumb and even in the city I am reasonably self-sufficient vegetable wise. I would like to try my hand at growing fruit and nut trees. We are 'poor' (financially only), 'we' being my children aged 9, 6, 2. If anyone can help, please write to:

Kathy
121 Hannan Cres
AINSLIE 2602.

Dear Meg & David,

We are looking for a middle-aged couple to live on our acreage and help baby-sit the grass. Not very much work is expected as we are both just 50 and have decided to take things easy. Having been there, done that, we now look forward to a little work, relaxation, and good companions to discuss items of interest and share a glass of wine with, watch the grass grow and get a suntan. Is there anyone interested even if only for a weekend every now and then and perhaps for a week or two. We are hoping to put in a hot spa as they are very relaxing. So is there anyone who would like to share our 700 acres only 45 minutes north of Newcastle and about the same from the Hunter Valley wines and the beautiful beaches of Forster-Tuncurry and Port Stephens? Love to hear from anyone.

Joy & Arthur Renforth
Bulahdelah Rd
BOORAL 2425.

Dear Grass Roots,

My son and I used to enjoy holidays together in the bush going PIG SHOOTING. We haven't done this for about five years now and lost contact with people around the Macquarie Marsh area. If someone from your magazine could help provide a property where we could shoot we would be most grateful. We are both responsible, experienced, don't use dogs or drink.

Ken & Paul Anderson
20A Lydham Ave
ROCKDALE 2216.

Dear Readers,

I would love to hear from people with any information on either of these two subjects. INFERTILITY — has anyone had any experience in treating congestion or blocked tubes with herbs or any other method. I have read a great deal about natural healing but nothing at all on this point. Also the healing or treatment of internal scar tissue and adhesions. I have read that vitamin A taken over a period of four months will remove scar tissue — has anyone had experience of this.

As it is my dream to one day own a piece of land and do my own thing in NZ, I'd love to hear from people who have done exactly that. Not necessarily total self-sufficiency but to be able to live and do what you want to on your own piece of land. Not living on the dole either as that is not what I call self-sufficiency. Perhaps in an area where casual work is available.

D.S.
PO Box 332
ST GEORGE 4487.

Dear Readers,

Before I discovered your wonderful magazine (GR), I didn't realise there were so many of you out there actually living what I have been dreaming about. Now I am convinced it's possible to live your own life, but how do you go about it? What are the practical do's and don'ts of starting out? I'm married with a young baby and we all want to work towards permanent self-sufficiency, but some advice would be very welcome. If we could make contact with some alternative life-stylers in WA then that would be even better. If anyone would like to drop a line we'd appreciate it.

Ian Mason
7 Kurrajong St
ROLEYSTONE 6111.

Feedback Link-Up Feedback

Dear Readers,

Falconbridge, where I am, is about halfway up the Blue Mountains. I moved here last January, when it was too hot to grow vegies but have found also that in mid year it's too cold for many other things. Those that do grow tend to disappear under snails and slugs! I want to avoid using chemicals, poisons and suchlike, as much as possible (for the soil as well as my health). Can you suggest any alternatives than might avoid further polluting this largely pollution-free area.

Peter Bonney
4 Clarinda Ave
FALCONBRIDGE 2796.

Dear Grass Roots Ladies,

Are there any ladies with or without children, who would like to make the big break from the rat race towards a life of self-sufficiency? I have three acres of land that is paid off. I would like to leave this rat race and get away from it all but I cannot do this alone. I am LOOKING FOR A PARTNER IN LIFE for a permanent relationship and maybe marriage. I am a good looking single male, 26 years old, 5'6" tall, 9 stone with brown eyes. I have a car and I am financial. I don't drink or smoke, have a gentle nature, enjoy the outdoors and physical work. My hobbies are growing plants and herbs, country outings, fixing cars, reading and self-sufficiency. So if you are a single or divorced girl looking for a sincere guy, in the age bracket of 19-28, if you love life and natural things, please don't be afraid to write. All letters will be answered.

Frank Grech
17 Angus Ave
ALTONA NORTH 3025.

Dear Meg & David,

I am collecting information about rural communities in Australia or New Zealand that are based on the principles of MEDITATION. Communities with or without constitutions or trusts, who do or do not have property in common, spend their time between work and meditation. Anyone out there who can offer any information about such places, whether you live in such a community or only know about one. Information about one you have heard of can help me to track such a community down. I would be pleased to obtain the name of a contact person and the address for such communities. It would appear from recent American research that communities with some form of structure tend to keep their members together longer and are more committed to the goals and ideals of the community. If a place is good it will have people who have been there a long time. It is this avenue that I wish to explore. So if there are readers who can help, I would be grateful and promise to reply to each and every letter.

Leon Prollius
GPO Box 1154
SYDNEY 2001.

Dear Readers,

Recently I attended the Royal Adelaide Show and came across the WINDWHEEL. It was designed in 1977 in Tasmania but this is the first time I had seen one. I hope to learn to spin and I'm looking at as many different wheels as I can before purchasing one of my own. Have any readers bought or had experience with a 'windwheel'? If so I'd love to hear from you (any spinning advice would be gratefully received). Good to see a few SA letters appearing.

Cathie O'Toole
10 Collins St
BARMERA 5345.

Dear Grass Roots Readers,

Hi! I'm Josi, with Arthur, Teri (4), Bronson and Fabian (2), living in suburbia waiting to MAKE OUR ESCAPE. We're not extremists and enjoy some modern comforts. My knowledge is mostly theoretical and I'd like some practical experience before we take the plunge. Is there a kind family living self-sufficiently who would be prepared to share this with the kids and I for a few weeks in January 1986 in return for my labours. Close to public transport in SA, Vic. or NSW (particularly NE) would be suitable. I'm also interested in writing to like-minded persons. My interests are organic gardening, herbs, music and any handicrafts and reading. Love to learn vegetarian cookery. Best of luck to all you battlers out there.

Josi Mathews
3 Pelican Place
SEMAPHORE PARK 5019.

Dear GR Friends,

Christmas time may see us out on our 20 acres (weather permitting). When we get there, it will have been after some years of planning and working. And yes, we are aware of the work to come in the years ahead. However we are sure what we are planning to do is the right thing. Your magazine is both a supply of help and reassurance. So keep up the good work folks.

Cheryl Hallett
34 Wilkins St
PT PIRIE 5540.

Dear Readers,

I desperately want to learn HOW TO MAKE SHOES AND BOOTS. It is impossible to find information for this. Could someone please help me obtain some books on how to go about obtaining hides, types of leather and tools etc. I couldn't believe my luck when I stumbled upon GR in the newsagency. Thanks to all.

Shauna Eono
7 Yallambee Rd
JINDALÉE 4074.

Dear Grass Roots,

I do a lot of embroidery and want any EMBROIDERY DESIGNS or transfers, especially old ones from 30 years ago or older suitable for ladies, babies, childrens wear, linen etc. Especially bluebirds and ribbon. I will pay post and costs of them (or for copies of them), or for actual old embroideries I could copy.

Lynne Maloney
PO Box 124
DYSART 4745.

Dear Readers,

Does any reader know the whereabouts of CHARLES ROBERT KEELAN, born in Narrabri NSW, last heard of in Newcastle area NSW. Would like to hear from him or his family.

Bro Jack
29 Glendene Rd
FORREST HILL 4342.

Dear Grass Roots Readers,

We recently moved onto a poultry farm and have trouble with FLOOREGGS. Can anybody give advice on how to make hens lay in nest boxes?



Kerrie John
C/- 92 Soldiers Pt Rd
SOLDIERS POINT 2301.

Dear Grass Roots Readers,

We are writing to find out if anyone has a large, old home for CHEAP RENTAL for my wife, myself and five children (seven years old and under) in or close by Armidale. Also, if there is any weekend work available. We are interested in bio-dynamic farming and hope (eventually) to start a farm of our own if we can get some prior experience (and money!). We should be arriving in Armidale some time in December or January from Canberra.



Nicholas & Berber Perley
31 Tristiania St
RIVETT 2611
Ph: 062-888-878.

Dear Readers,

Have just finished reading my first issue of GR. Well what a lot of information you have amongst you. How could a widow of the ripe old age of 54, living in the Western District, meet someone to share a few acres with. They are into buying churches down here and using the ground to grow vegies to sell to pay back the loan until they can produce everything. To the guy who has the method with the donkey fertiliser 'good onya'. (It does take a lot of courage for the first letter.) When the children were small I had to battle with wood stoves and I can do it again. To everyone out there I hope to be asking for information soon, so if anyone would care to write to me now they are most welcome and I assure you all letters will be answered. Is it allowed to build one large room and section it as funds permit, the room being 40 x 40 feet? Hope to hear from someone out there.

Lyn
PO Box 281
WARRNAMBOOL 3280.

Feedback Link-Up Feedback

Dear Grass Rooters,

We are at present a Sydney-based couple in our late twenties with dreams of a more self-sufficient lifestyle as far away from big cities as we can get. Up until now, our only real plans have been to purchase suitable transport and do a little travelling, with the hope of picking up some insight and much needed practical experience involving a GR lifestyle. Although this lifestyle is what we both crave, and one day shall achieve, neither of us know or pretend to know anything about the basics or intricacies of life 'down home on the farm'.

What we need is to correspond with some honest, hardworking people like ourselves, with a view to staying at a few properties along the road, and as we have yet to map out a route we can afford to be fairly versatile concerning locations. It makes no difference to us whether we stay at established farms, give a helping hand to anyone just starting out, or simply stop in for a visit. And as far as wages or money goes, we're not interested. All we ask is for a place to park a van, fresh vegies and all the experience you can offer. We are both very genuine, appreciative people, seeking same. Neither of us use cigarettes or drugs or take large amounts of alcohol. We look forward to hearing from anyone interested in contacting us in the (hopefully) near future. While we have the chance, congratulations to all those who have already succeeded in making the break and encouragement to all those trying. Many thanks to Meg and David for all you have done with *Grass Roots*, an exceptional magazine.

Allan & Kathy Crossley
5 Ferry St
KOGARAH 2217.

Dear Readers,

Now summer is approaching once again I would like to share my DOG ECZEMA CURE, which really works even on a putrid sick dog who does not respond to expensive veterinary treatment. Boil up 4 cups of water with 8 calendula flowers. Cover and simmer for 20 minutes then allow to cool, still with the flowers in it. Rub ½ - 1 cup at a time plus the flowers onto the affected area, twice daily for the first few days then daily for a further week — the cure is miraculous. It even removes that awful smell. I sometimes add self heal or comfrey after the first few days. If you keep an eye on your dog further outbreaks can be treated in a few days if caught early. You have to treat for fleas as well of course.

Last year I made two big breakthroughs. I learnt to spin and started to drive and the house hasn't been the same since. I'd recommend spinning for everyone, as being very good for the nerves. Although I can convert commercial patterns I'm not sure how much wool I need. Any cures for carpet tunnel syndrome (me) and hyperactivity in children (does not respond to diet). Also if anyone has herbal remedies to share I'd love to hear, and could anyone recommend a herbal course. I am also interested in psychic development.

Lyn Stubbs
14 Lake Entrance Rd
OAK FLATS 2529
Ph: 042-563-635.

Dear Grass Rooters,

I am LOOKING FOR LAND, hopefully in the area bounded by Tamworth, Port Macquarie and Maitland. I ride a motorcycle so remoteness is certainly no problem. At present I live in Sydney which is driving me mad. I also run a business printing garments and manufacturing motorcycle accessories. I must admit I do not really consider myself a grass rooter, but I certainly enjoy the same ideals. Waste is right out, self-sufficiency is the go. Most city people seem to think that the GR lifestyle is a cop out, but I reckon (and I tell them) that it is in fact a boycott of a disturbingly ignorant society. The reason I do not consider myself a grass rooter is that the vast majority of GRs seem to be on the dole. This does not really constitute self-sufficiency although I am sure the intention is there. This is the reason I started my business. It seems that you are born into this society, but to really escape it one must buy one's way out, and for that you need money. If there are any young good looking females (anybody for that matter) who share my viewpoint and would like to be involved in commercial graphic design, leatherwork, fabric printing, music, art, magazine production, film making and manufacturing motorcycles I would very much like to hear from you post haste.

Scott
85 Phillip St
BALMAIN 2041
Ph: 02-818-4037.

Dear Grass Roots People,

At the beginning of this year I had a letter in GR to which I had lots of response. I tried to answer all the letters, correspond with some of the people and meet some, but unfortunately my circumstances completely changed. I had asked for advice on how I could best travel around Australia, to see off-the-beaten track places in safety, being a woman on her own. Then, just when I was ready to realise my dream after years and years of waiting, Mum had a stroke and I am now completely tied down with my invalid parents. I feel very sad and sorry for my parents, but in their need they don't realise that I have had to bury all my own dreams. It took me a while to overcome this great feeling of despair. I will now be stuck here in Melbourne for as long as they need me, and then I will be too old to do anything!

I would like to thank all of you who were so kind and wrote to me. I can't take you up on any of your kind offers. I can't put into practise any of your advice as my hands and feet are tied. I can't go anywhere. To the people whose letters I didn't answer, please forgive me, it wasn't that I didn't want to — in my depressed state of mind I only managed to answer some letters.

Helga Norton
45 Meerlee Ave
FRANKSTON 3199.

Dear Readers,

Thanks very much for such a wonderful, helpful magazine. We have been loyal readers for a long time but have never written to feedback before, time slips away very fast. We have been living in Victoria for many years now, trying to work and save to buy our little piece of Australia. But the appeal of the concrete jungle has finally worn off. We have made the move north and are renting a holiday cabin at the moment whilst SEARCHING FOR A HOME TO RENT with small acreage for our extensive herb and indoor plant venture. We are very simple peace loving people with a strong commitment to each other, the land and our very infinite God. Our family consists of my husband and I and our three beautiful children, Kym-Jordan (7), Amy (2½) and Shaun (1½). We are looking forward to the days of feeding choocks, collecting eggs, milking the cow and making butter.

We are not totally new to an alternative lifestyle. Many times before we have tried to live on the land, and we have had experience building in mudbrick and stone. We love gardening and the many other country chores. We are not at all fussy about the home we live in, we have lived without electricity and hot water before. I sincerely hope that someone somewhere (Northern NSW or Qld) could find it in their heart to rent us a home. We are open to any suggestions at all. Please write to us.

Sharon & Arnold Kalnins & family
C/- Post Office
NORTH GLENREAGH 2450.

Dear Readers,

I would appreciate any information or suggestions on the following. Firstly on PAWPAWS. I would like to obtain seeds/seedlings for the elongated, red-fleshed variety grown in South East Asia. Would they grow as well in Sydney as the common variety? Secondly on JUICE POWDERS. Does anyone know how to make or where to buy a chemical-free powder or concentrate. Our almost three-year-old believes water to be for external use only, and as we often go bushwalking an alternative to carrying litres of apple juice would be of great help. Thirdly, I would like some suggestions on NAPPY WASHING. I need a low sudsing, non irritating soap or detergent. I have found Lux flakes to be nonirritating but much too 'sudsy' for my washing machine. Hope someone can help me with these odd requests. Best wishes to all.

Alison Bradney
22 Viburnum Rd
LOFTUS 2232.

Dear GR Readers,

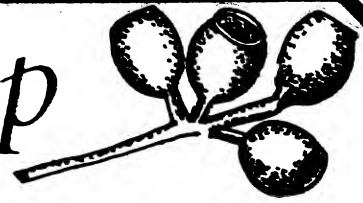
Could someone please send me advice on a VEGETARIAN DIET FOR NURSING MOTHERS. I became interested in trying a meat-free diet when my little boy was about five months old, and although he was over his early wind problems, my diet of fruit, vegies and especially legumes made him windy again. As nursing mothers need extra protein I'd welcome any advice on how I can get enough protein without eating meat and without making my baby suffer.

Lea Edwards
C/- Post Office
STAWELL 3380.



gumnut gossip

Meg Miller



There's a quiet, low-key atmosphere around the office today. Being Monday morning doesn't help, nor the fact that a thunderstorm has resulted in a power blackout, leaving us all in the dark. Really though, I think, we're all feeling flat and exhausted after our annual Trivia Night at the weekend. So much energy went into this past week — people surreptitiously borrowing photos and other incriminating evidence from each others' desks, others waiting around until the photocopier was free then rushing private material through, trips to town and even Melbourne to pick up special 'awards' — why the list goes on and on. It's a special night for us, a chance to let our hair down and our real selves out, an opportunity, using as much finesse as possible, to take the mickey out of ones' fellow work mates.

It was a little awkward this year in that the paste-up for half of the magazine was due at the printers that same day and the wild rush to get it finished left people with little time to devote to outlandish costumes or outrageous partners. Last year our mystery guest was Ian Gunn the GR cartoonist and whilst David and I knew Ian no one else had actually met him. It was fun watching people go through the routine of 'don't I know your face from somewhere' and then suddenly see recognition strike as they realised they had seen this same face between the pages of GR. This year Karen invited our mystery guests and there were a few sly smiles and wait-and-see comments from her whenever questioned. Imagine my amazement when the guests turned out to be an old boyfriend of mine and his lady friend — the laugh was on me this year!

It was a beaut night, culminating of course in the much anticipated Trivia awards, compiled and presented with aplomb by Lisa and Lynne. The awards had an almost erotic slant this year and there were a few red faces amongst us so the less said about them in this wholesome magazine the better. They were followed by a heart-felt rendition of a poem entitled 'My Desk' by Kerry who insists it's all us others who dump the rubbish all over it, and a presentation of posies by Karen who had carefully matched the attributes of the flowers and herbs with those of the recipient. I wasn't too sure about the validity of some of them. I've never heard of ravishing rugosa and as for flowering cabbage, well I'd like to see her reference books. Then Anthony gave out some cards in which he'd photocopied and pasted an appropriate quote from one of his favourite books. They were profoundly perceptive and left us all eyeing off our quiet trainee-editor with a sense of unease. Is that really the way we all come over? Finally it was my turn to give out the newly inaugurated Boss awards and they varied from an egg-timer and a can of air freshener for Anna who repeatedly burns her toast and smokes the place out to a new set of batteries and bottle of Rescue Remedy for Kerry who's been feeling tired and lethargic, and a plastic apron for Anne who is such a grub. David, realising I was going to get off scott-free, presented me with a mystery box that contained my new, six-day calendar, some appropriate Leo stickers, a box of chocolates, a cup of cold cappuccino, a toasted cheese sandwich and a pair of frilly knickers to wear in my increased leisure time. Finally Sunshine chose the belle and bull of the evening and we staggered off home, disappointed it was over for another year.

I asked around the office this morning for special notices and requests for this page and everyone begged me to mention the new photocopier. After months of alternatively cursing and nurturing our

wicked old photocopier we've finally traded it in for a newer, smaller and reliable model. The old one led us a merry dance and towards the end it was consuming so much toner that the service people doubted our credibility and insisted we keep accurate records of how much, how often. They didn't know where all the fluid was going to and nor did we until the day it was carried out of the office and got its own back by dribbling copious quantities of foul black liquid all over the pants of Lynne and Karen. The clarity the new copier presents has shocked us as we had grown used to reading through a grey overlay on all our sheets. No doubt you will be able to read our sheets now.

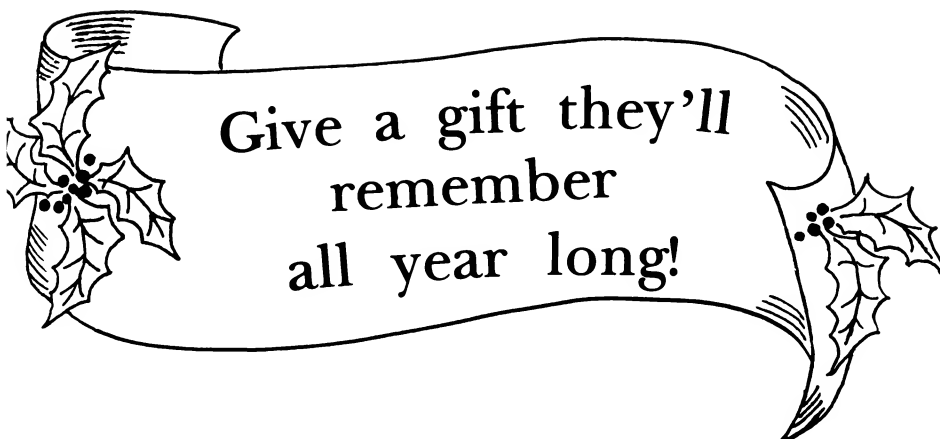
This month we will be losing one of our hardest working and most entertaining staff. Anne, who packs off most of the book orders and who sends the magazines out has decided to follow up an interest she has had for many years. She's been keen on running a food-coffee lounge for ages and is going to work in a new setup in town to see how she feels about so much contact with the public. We'll be sorry to see her go, and the place is going to be very quiet and boring but we're hoping for frothy cappuccinos from her each mail day.

Finally, an announcement about our new titles from Night Owl. The whole office has slogged away on these in some capacity for many months now, so there are some happy smiling faces around as people see their efforts bound and printed. *Communicating With Nature* by Michael Roads has been the first to arrive, and Michael needs no introduction to those familiar with organic gardening. This is a wonderful book, based upon Michael's spiritual experiences with the trees and native animals near his home. It crystalises the vibrations many of us feel between ourselves and the environment we live in. *Winning Over Worry* by Val Johnstone arrived today, and is a book about new ways of dealing with worry and stress using relaxation and visualisation techniques. Val is a lovely lady, a keen GR reader and someone who has been able to evaluate their experiences in life and translate them into a style that is felt and understood by all. Our third book arrives next week and is a piece of history in the do-it-yourself vein. *The Bullock Drivers Handbook* by Arthur Cannon describes in great detail both how to select and train your team and also how to make the yoke and other necessary equipment. It is a gem of a book rich with a history that's not long past and written by a raconteur who has lived through the thick of it.

And that's it for 1985. We all feel it's been a funny year, full of intense ups and downs, of obstacles and limitations that have been frustrating and difficult to manoeuvre around. But through it all we've grown into a closer-knit, supportive group. We've found that sharing a problem brings fresh insight and often a solution too obvious to be considered, that people want to help each other, they just need to be reached out to and asked, and that life and one's experiences are really just a matter of attitude.

During the twelve years of *Grass Roots* there have been a lot of social changes and the magazine today has a strength and following we could never have believed possible. We have grown into a family, united by our desire for a peaceful and better world, determined to leave behind a legacy that is rich and inspiring. Let's all open up our arms this Christmas, this New Year and reach out to others who don't know our wealth, who don't share our bounty and who don't know the peace and riches inside us all.

Merry Christmas and a peaceful New Year.



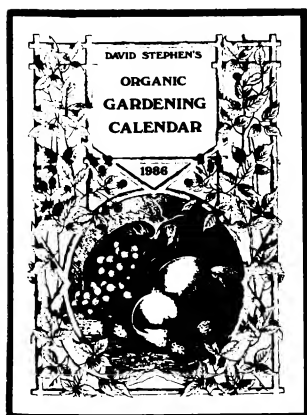
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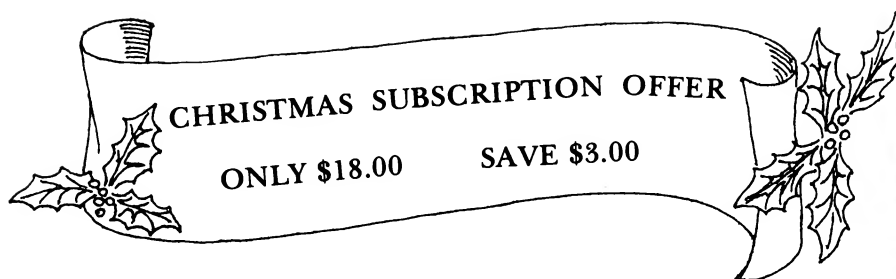


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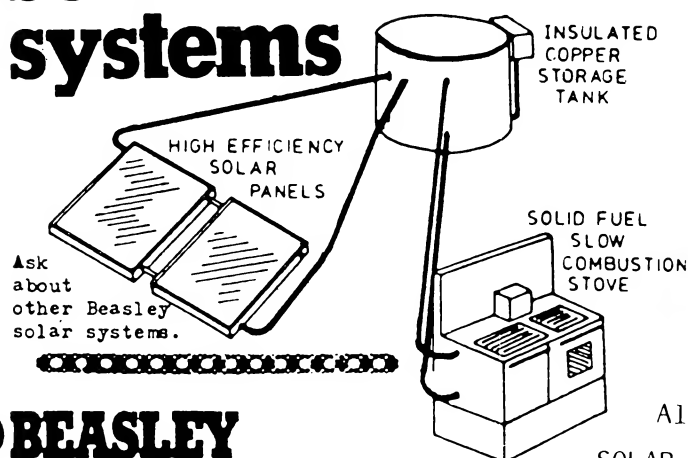
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